# **Your Hometown Paper**

Published Every Other Wednesday

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During his career at the Port District, Peña has been extremely active in the community.

#### Oscar Pena has retired

After serving a distinguished career with the Ventura Port District General Manager Oscar F. Peña officially retired on April 30, 2019. Peña has been at the helm of Ventura Harbor for 20 years. The Ventura Port District employs 35 full-time employees and generates \$8 million in annual revenue.

Ventura Port District Board Chairman Chris Stephens stated, "Under Peña's leadership the Port District has grown into an economically diverse and fiscally sound community asset in which the City can be proud."

A Ventura resident for 27 years, Peña cites several key accomplishments during his 20-year employment. With Peña at the helm, the commercial fishing industry in the harbor now houses more than forty purse seine vessels which export California Market Squid to a global market. This commercial fishing industry creates 215 jobs in the Ventura region and can generate approximately \$20 million annually into the Ventura County economy.

Ventura Council Member Cheryl Heitmann shares "As the City's liaison to the Port District for many years, Mr. Peña has established effective working relationships with public agencies, the private sector and tenants throughout the harbor."

As a former commercial real estate executive in the private sector for 20 years, Peña contracted with the Port District to provide property manage Continued on page 17



Stage 2 of the tour last year was just a prelude to this year's bigger and better cycling spectacle.

# Amgen Tour of California returns to Ventura

by Mira Reverente

Expect to see a lot of fast bikes in the next few days when the 2019 Amgen Tour of California makes a comeback to our sunny, coastal city.

In 2018, the tour started Stage 2 at the picturesque Ventura Pier, in what

can be described as an enticing prelude to this year's bigger cycling spectacle. This year, both the men's and women's races will finish stages at the celebrated Ventura County Fairgrounds.

Continued on page 14



During the month of May, Ventura Police Officers will step up enforcement.

# May is Motorcycle Safety Awareness Month

The warmer weather means a lot more motorcycles will be out on the road across California. May is Motorcycle Safety Awareness Month, and the Ventura Police Department is taking the opportunity to remind drivers and motorcycle riders to share the road and

look out for one another.

"Motorcycle riders are out in the open and are harder to see," Traffic Unit Sergeant Michael Brown said. "Drivers and riders should take extra precautions by keeping their distance and watching

Continued on page 10



Chuck Cecil at his home studio in Ventura.

# Chuck Cecil Host of the "Swinging Years" radio show has passed on at 97

#### by Richard Lieberman

Chuck Cecil, whose radio show "The Swinging Years" had run for more than 50 years has died at age 97. He died on April 30th still broadcasting his syndicated radio show. In 1942 he briefly hosted his first radio show for a small radio station. Shortly after he was drafted and served in WWII, where he worked in pilot training.

After the war, Cecil settled down in Oregon and re-started his radio career. He became the announcer for "Baldy's Band" a popular band. He married the group's vocalist, Edna Brown, in 1947. In 1952 he joined Los Angeles radio station KFI and he worked at KFI from 1952

Cecil joined Los Angeles radio station KGIL-Am and KPRZ and worked at the station from the 1960s through the 1980s. At the same time, Cecil hosted the "Big Band Countdown" for Armed Forces Radio which spread his love for iazz around the world.

During the same period, he launched the show he was most known for "The Swinging Years" in 1956 while still at KFI. He retired, hanging up his earphones in 2016. At its peak, the show was aired on hundreds of radio stations nationwide.

Continued on page 24

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# **City News**

# City of Ventura Summer Open House

The City of Ventura Parks, Recreation & Community Partnerships Division is hosting a free Summer Open House at Barranca Vista Park, on Saturday May 11, 1-5 pm. This fun event is an opportunity for families to learn about all the exciting summer camps, classes and events being offered by the City of Ventura and its partners. Meet camp staff and preview summer camps and classes at more than 20 information booths each with hands-on activities for kids.

Make slime with Mad Science, play with Legos® with the Play-well Teknologies, taste test Tomato Basil Bruschetta with Lift Enrichment Cooking, learn how to play electric guitar with Rock & Roll High, catch fish in the Ventura Aquatics "fishing pond", sing along to Disney songs and learn some dance moves with our Best of Broadway theater Camp, test your skills on a balance board with Ohana Surf Camps, see how to make a robotic vehicle with PEAK Enrichment, give climbing a try on the mobile rock wall from My Ventura Day Camps and much more!

Enjoy live entertainment from 1:00-3:30 featuring dance studio partners, Billy Clower, Cassie Lawhead Jackie Ringhof and Kelya's Performing Art Center plus gymnastics demos, rock & roll music from Aaron Burch and more. Make plans to bring a blanket

and sit on the lawn for the first in the series of our Fairytales in the Park performances at 4:00 pm. Kids and adults will be dazzled by the story of Rapunzel Meets Spiderman.

For more information about the Open House contact Wendy VanHorn at 805-654-7552

# Public invited to attend Solarize Ventura Program free workshops

The City of Ventura and the Community Environmental Council announced the launch of the 2019 Solarize Ventura program that makes it easier and more affordable for homeowners to go solar. Coastal Solar, the installer partner, will offer discounted prices through July 31, 2019; the date will be extended for survivors of the Thomas Fire that are working to rebuild. To learn about the benefits and details associated with going solar, such as billing rates, equipment, warrantees, financing, and tax credits, residents are invited to attend one of the following community workshops:

Tuesday, May 14th 5:30 PM Ventura City Hall Community Meeting Room, 501 Poli St, Ventura Wednesday, June 12th 5:30 PM Poinsettia Pavilion, 3451 Foothill Rd, Ventura





# City News

Thursday, July 11th 5:30 PM Ventura City Hall Community Meeting Room, 501 Poli St, Ventura

A solar coach will be on-hand to discuss options and answer questions.

This year's program will offer energy storage equipment, and education on energy storage for the first time. Storage systems will be available to new solar customers and to existing solar customers who wish to upgrade their systems. Having battery backup will give solar customers some power during

power outages.

"There are two main reasons that people are really beginning to invest in energy storage for their homes economics and resiliency," explained CEC's Renewable Energy Manager April Price. Southern California Edison's new "time-of-use" pricing structures have made battery storage more attractive from a financial standpoint. Under these new rates, many solar customers will benefit by being able to store the energy Continued on page 8



On April 24 the newly renovated Ventura Beach Marriott held a grand opening ribbon cutting. The Ventura Chamber of Commerce ribbon cutting featured food by the hotel staff, music and tours of four of the renovated rooms. The multi-million-dollar remodel also included the entire lobby and restaurant area. 2055 Harbor Blvd. Photo by Michael Gordon.



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The Ventura Breeze is your free local community newspaper published every other Wednesday  $and\ circulated\ throughout\ Ventura\ and\ to\ many$ locations in Ojai and the Channel Islands Harbor located in Oxnard.

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No matter how old you get, if you keep the desire to be creative, you're keeping the man child alive.

> - John Cassavetes

# **Opinion/Editorial**

Okay, no kidding,



no more Trump comments from me. Reader's comments are always welcome. I received the

following email from a reader.

Hi Sheldon -

Your last issue suggests that "Easter". "Christian". "church" are not part of your vocabulary."

My response to the reader was, "How? What did I say? Please explain further."

His response: "Nothing about Easter / Passover services, Easter activities, church / temple schedules for Easter / Passover. There was an Easter sunrise service at the beach annual event."

First it went from Christian to include Passover, that's okay. My response to him, and all readers is, we can only publish information that we receive regarding events. If you have an event, send to events@ventrurabreeze.

I lost a lifelong friend, Chuck Cecil, who has been part of my life for 60 years, although I just met him about 5 years ago. Any jazz fan will know Chuck whose radio show "The Swinging Years" had run for more than 50 years (see the

A few years ago, I heard that Chuck was living in Ventura, and I managed to contact him and visit him at his house in midtown. It was a museum of jazz and the big band sound. Thousands of vinyl records and signed photos of every singer, band leader, and musician in the jazz world.

He and wife Edna were an amazing couple, always holding hands and calling each other honey and sweet heart after many-many years of marriage. A couple of love doves.

A teenager died when he was struck by a train in Ventura. The incident happened on the tracks near Hurst Avenue and Ocean Avenue, according to a Union Pacific official. The 17-yearold male from West Hills was struck by a southbound Amtrak Pacific Surfliner

train. Authorities say that his death appears to be a suicide.

Immediately, some accused the City Council because Union Pacific had removed their fences that kept people from crossing over the tracks. These fences were owned by Union Pacific and were on their property. They removed them because of the opposition to the fences by some folks living in midtown who crossed over the tracks to get to the beach.

The City Council certainly gets some things wrong, but this wasn't one of them. Can't blame them for everything

- Rodeo Road, in the Baldwin Hills-Crenshaw neighborhood Los Angeles has been renamed for **President Obama**. Will republicans take longer routes in order to not drive on Obama Road?
- After over 50 years as a landmark, the Arby's sign that was at the old location on Main Street at Mills Road was cut down after Arby's moved to a new location.

This was really sad because there were sign museums that wanted to save it.

The work was done without a required demolition permit. Hopefully someone at least gets fined.

Congratulations to Adam and Josh for finally getting the Planning Commissions unanimous approval for their proposed jazz club, The Grape Jazz Club, located by Community Hospital. As soon as they obtain their building permit, construction can start.

Rumor has it that the old Hong Kong Inn (where they have been set-up while obtaining approval for new location) might become the Baked Potato Jazz Club.

The Baked Potato Jazz Club has been the home venue for some of the greatest musicians since 1970. If we end up with two jazz clubs that would be wonderful and could draw even more well-known performers (and jazz fans) to Ventura.

When "A Country Fair With Ocean Air" opens on July 31, the cost to park at the fairgrounds will increase from \$10 to

\$15. Parking during other events will go from \$5 to \$8.

The increase comes as the board that oversees the Ventura County Fairgrounds voted at its last meeting to raise the parking as part of approving the 2019 budget. Fairgrounds Executive Director Barbara Quaid said the fair is "spending over \$140,000 on buses to bring you here for free. There's so many places you can park and take the shuttle."

Most don't understand that the fairgrounds is actually the 31st District Agricultural Association, otherwise known as the Ventura County Fairgrounds, a state agency overseen by an appointed board of directors and not a part of, or run by, Ventura. The board is exploring ways to increase revenue and reduce expenses.

Free admission days allow about 22,000 to attend the fair for free. Eliminating the fair parade has been one way of reducing costs.

■ A count of Orange County's **homeless** population found nearly 7,000 people that are in shelters or on streets. Significantly more than the last count in 2017 is the County struggles to deal with the issue.

From the LA Times; "Jails across the nation are crowded with mentally ill inmates who are there because of a broken promise. Over the course of several decades, states closed mental hospitals and vowed to replace them with community based psychiatric treatment and housing, but the treatment and housing failed to materialize." Many of the mentally homeless that you see are a result of these actions.

New cameras in some retail stores are gauging your facial expressions to determine your age, gender and even buying habits to personalize your buying needs and show the product's you want on screens. This, of course, raises some privacy issues. So, to confuse them, look grim when you're buying something you want and look happy when it is a product you're not interested in, then you can have the last laugh.

# **Mailbox**

I am writing this and sharing it as widely as I can. My hope is to inform as many people about the false claims and faulty planning by the City of Ventura Water Dept staff.

The first claim: there is a water shortage

There is not a water shortage. The city has multiple sources that are and can meet the city demand. The fact is the City Water Dept staff have and are acting in manners that reduces the water availability to our users in a manner that allows them to falsely claim a shortage.

Currently there is a surface flow in the Ventura River, going by within 15 feet of the abandoned surface diversion facility. That is nearly 20 times the current amount of water the city is using daily. This river water is the cheapest and highest quality water available to our users. If it was being produced into the system the use of the much lower quality deep well water that is in distress as a supply could be reduced and everyone would

The second claim: city is caught up in and forced by legal restraints and settlements

The city allowing and conceding to a legal settlement on the estuary was a total theft of city water resources. The fact is there would not be an estuary if the city didn't put its' tertiary treated effluent in there to begin with. Based on the latest costs estimates the City could have easily permitted and built an ocean outfall instead of wasting what will be hundreds of millions of dollars on their WaterPure experiment that has no chance of ever being permitted for potable use.

The amount of water already spent on this boon-doggle could have built multiple reverse osmosis facilities to make currently available groundwater available and of higher quality of any source the city currently is using.

The full story on that issue is being completely hidden from the current population of the city even though those in authority at the City Council and Water Commission are in full knowledge of such legal standing. Joseph Richardson, Production super-

visor City of Ventura water 1985-1992

Breeze

I have been going to VCMC since

I retired. I get a yearly check-up and report that I am very healthy, physically and mentally. My one complaint is when I go to get blood drawn the waiting room's TV has Fox News on!!!!!

Considering that VCMC is a 'teaching hospital' and for them to 'advertise' falsehood and lies on the TV viewing is abhorrent.

I would assume that VCMC is a non-partisan organization. Maybe they should be showing a nature show or something of educational value. I wonder who in VCMC would be the contact person that would take my request seriously?

Diane Garber

Ventura Breeze

It's time to resurrect the GOP mantra; "Let's make him a one-term president"! However, the "him" has changed! Can the Democrats unite to defeat the current president who only Continued on page 24

We encourage you to send your opinions to opinions@venturabreeze.com. Please limit them to about 300 words

# **Community Events**

# Ventura Audubon Society events

May 11 8:30 a.m. Arroyo Verde Park. Leaders: Adele Fergusson 805-415-4304 and Linda Easter 818-

Enjoy birding the oak woodland, grassy areas, and chaparral in this long, broad canyon. We should see Towhees, Juncos, Acorn Woodpeckers, possibly California Quail and California Thrashers and possibly Hooded Oriole, Bullocks Orioles, and the Western Tanager.

#### May 18 8:00 a.m. Las Llajas Canyon, Simi Valley. Leader: Cody Swanson 805-304-2505

This is a beautiful trail in Simi Valley full of coast live oak, sage scrub, cottonwood, willow, and many other native plants. Water is present yearround in this riparian canyon so many summer migrants like to nest along the canyon. Year-round species include: woodpeckers, western bluebirds, house wrens, oak titmouse, blue-gray gnatcatcher, California and spotted towhees, hummingbirds, and several raptors. Summer migrants include: phainopepla, ash-throated flycatcher, pacific-slope flycatcher, black-headed grosbeak, blue grosbeak, and lazuli buntings.

#### Ventura events

by Ana Baker

Ventura Poinsettia Dance Club Monday nights 7:30 - 9:45 p.m. Poinsettia Pavilion. Ballroom, swing, Latin and line dancing. \$10 members, \$12 non-members. Free dance lessons 6:45 - 7:15p.m. Call Rick 805- 415-8842 for more information.

Ventura's ACBL Duplicate Bridge Club offers games for all levels of play. Learn the game, play with your peers, and earn master points while you are having fun. There is a game every day of the week. Check out their website at www.vcbridge.org

Country Western Line Dancing every Tuesday 7 - 9 p.m. Instruction every night. Located at the Moose lodge, 10269 Telephone Road. More information at countrylovers.com.

Cross Town Hikers join in on Wednesday nights for a moderate-paced hike that includes views of Ventura from the cross, a walk out to the end of the pier, and a stroll along the Promenade back to the Museum. Four miles with an 800-foot elevation gain. Meet at 7 p.m. sharp at the fountain across the street from the Mission. For more inforhttps://www.facebook.com/ groups/800215670039426/

The members of the Ventura Investment Group meet on Mondays for an informal discussion of recent **economic events.** Topics cover current events that affect stocks, funds, real estate, and interest-bearing investments. The meeting is from 10 - 11:30 a.m. at the Coffee Bean & Tea Leaf at Telephone Road and Main Street. Visitors and potential members are welcomed. There are no dues or requirements to participate, and all levels of experience are

Musicians' Sober Support Meetup FIND (A Friend in Deed) every

Monday night 7-9 p.m. Bring acoustic instrument(s) for jamming after sharing support for sobriety. Bell Arts-Studio 39-432 Ventura Ave. For further infor-A.Friend.In.Deed.Ventura@ mation gmail.com.

The Ventura County Philatelic Society meet on the first and third Mondays each month at 7:30 p.m. at the Church of the Foothills, 6279 **Foothill Rd.** Admission and parking are free. Come for a great evening. Contact: Bill Garner (805) 320-1601 or sockonthenose@gmail.com

Mended Hearts of Ventura. Come share if you have had heart surgery or stent implant. Group meets the first Tuesday each month at Lemon Wood Mobile Park, 850 Johnson Dr. They have excellent speakers, leading cardiologists, nutritionists, dietitians from our area. Contact Richard Hatcher at 805-644-2733.

Ongoing, first Wednesday of each month, 6 - 9 p.m., Gold Coast Modular Railroad Club meets at the Murphy Auto Museum. Visitors and new members are welcome. Member initiation fee \$10, monthly dues \$20, \$10 for Juniors. Exhibiting Saturdays and Sundays, 10 - 4 p.m. Murphy Auto Museum, 2230 Statham Blvd., Oxnard. For more information, www.gcmrc.com, or call 805-407-6717.

**Co-Dependents Anonymous** (CoDa) is a 12-step fellowship of men and women whose common purpose is recovery from codependence in the development and maintenance of healthy relationships. Every Friday at 6 p.m. at the Unitarian Universalist Church, 5654 Ralston (enter through side door off parking lot). Further information Deva 805-814-5650 or Maryann

We're looking for some good men to fill our chairs at Ventura Retired Men's Group, we've got programs and activities you might enjoy as you shoot the breeze or chew the fat. We meet on the first and third Tuesday each month at the Knoll Drive lodge of the Ventura Elks. Stop in to say hello, tell us who you are, and we'll treat you to one of the great Elks meals. Bob Likins is itching to answer your questions at 805-587-1233

Ventura Rotary Club, Ventura Downtown Lions Club and the Salvation Army of Ventura have partnered to bring the community a free Eye Clinic. The goal and vision are to provide free eye glasses for those in need. Patients are seen each Tuesday from 9-11a.m., walk-ins only first come first served. The Eye Clinic is located inside the Salvation Army Hope Center. 155 S Oak St, Ventura.

May 11: City of Ventura Free Gardening Class. Learn the importance of trees in a water wise landscape. This class will cover the best varieties plus review tree planting, maintenance, and watering tips and more. 10 -11:30 a.m. City of Ventura Maintenance Yard 336 Sanjon Road. RSVP at www. venturawater.net

May 16: The regular monthly meeting of Assistance League of Ventura County will be conducted on Thursday, at the Chapter House, 913 East Santa Clara Street in Ventura. The meeting begins at 10:00 am, men and women are welcome, and there is no age requirement. Assistance League is "Transforming Lives, Strengthening" through several philanthropic programs: B.U.F.F.Y. Bear, Operation School Bell®,

Continued on page 6

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WNBA Sparks Game at Staples Center 8/11

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The 11th Annual Ventura Earth Day Eco Fest was held on April 21 at Plaza Park. In spite of gloomy weather it attracted thousands of visitors and featured 100+ exhibitors including the Ventura Breeze. Holding down the Breeze booth was James Francis Gray and Mary Thompson.

Organized by Ventura Charter School of Arts and Global Education in cooperation with the City of Ventura it featured all day live entertainment, food trucks, a bike depot and an electric car display. All proceeds from the day-long event go toward funding enrichment programs for Kindergarten through eighth-grade students at the tuition-free public school.



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# **Community Events**

#### Ventura events

Continued from page 5

Girls Club/Teen Club, and Assistance League School for young children with learning delays. The Bargain Box Thrift Shop helps fund these programs.

May 16: At the next meeting of the East Ventura Community Council, Ruchita Kadakia, a Senior Planner with the County of Ventura, will speak about the Saticoy Area Plan, the county's vision for this area. Also on the agenda will be Mary Joyce Ivers, Interim Public Works Director for the City of Ventura, who will talk about street projects and graffiti removal. The Ventura's Police Department will present an update on crime in the area, and City Council members may present reports as time permits. The council represents those who live east of Victoria Avenue. Books in good condition are solicited on behalf of Ventura Friends of the Library. The meeting starts at 7:00 pm at the Connect Church, 346 N. Kimball Road. For more information, contact Marie Lakin, Chairperson: Eastventuracc@ gmail.com

June 8: On Saturday, from 9:30 a.m. to 2:30 p.m. a series of teaching sessions will be held at the Ventura Unitarian Universalist Church, 5654 Ralston Street. The sessions will be lead by immigration attorneys, religious clergy, and immigration activists delivering information on immigration law, past and present, the current situation on the southern U.S. border, and suggestions for actions you might take to become an ally and make a difference will be presented at each session. This day of immigration advocacy is sponsored by the UUCV Action Team for Immigrant Rights (ATIR), CLUE-Ventura County, and CAUSE. If you pre-register before May 31 a \$15 donation is requested, it will be a \$20 donation if you register on the day of the event. Register at: https:// www.Eventbrite.com/e/teach-inact-outtickets-59340196124. Childcare will be provided through pre-registration only (ages 4-10). Light refreshments will be provided. Lunch will be available for purchase. For more information email susan.franzblau@gmail.com.

# Ojai news and events

Joan Dewhirst will visit the Ojai Library at 1 p.m. on Saturday, May 18, 2019, to deliver a talk entitled "Oh California! 19th and 20th Century California Landscape Paintings."

Dewhirst starts with Albert Bierstadt's Luminist paintings, where he used light to emphasize the spiritual beauty in California's natural environments, and moves forward to the Tonalist compositions of Arthur Mathews.

Nationally-recognized Vivien Mason will visit the Ojai Library at 1 p.m. on Friday, May 17, 2019, to deliver a special musical performance. Mason will be accompanied by pianist Jimmy Calire.

Mason is a versatile entertainer who has performed at clubs, concerts, festivals, and in film and television.

Events are free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218-9146.

The Ojai Library is located at 111 East Ojai Ave. Hours of service are 10 a.m. to 8 p.m. Monday through Thursday and 12 p.m. to 5 p.m. Friday through Sunday.

On Saturday, May 18th and Sunday, May 19th, the Ojai Community Chorus will be presenting its annual spring concert. "Jazz a la Mode!" will feature a fabulous variety of jazzy music. Entertaining you with such great classics as "Cow Cow Boogie," the sultry "Fever," the be-bop rhythm of "The Boy from New York City," and an exciting version of "The Joint is Jumpin".

The performances will be held Saturday at 7 p.m. and Sunday at 3 p.m. at the Ojai United Methodist Church, 120 Church Road. A boutique and bake sale will also be held.

Suggested donations General Admission: \$20 in advance/\$25 at the door. Seniors 65 and better and Students: \$15 in advance/\$20 at the door. Tickets are also available from Chorus members, the St. Thomas Aquinas Thrift Store, and online at ojaichorus.brownpapertickets.com. The Chorus' website is www.ojaichorus.wordpress.com.

Join Rev. Karen S. Wylie at The Ojai Retreat on Sunday, May 19, from 11:00 a.m. - 2:00 p.m. for her Mid-Month Devotional Retreat, "Discovering the 'Who' That is You."

People of all faiths and traditions, or no tradition, are welcome to attend. Randee Vasilakos, RScP, assists and anchors the morning.

The Ojai Retreat is at 160 Besant Road. By donation; \$20 is suggested. For more information, contact Rev. Karen at 310-968-8928, or register online at www. karenswylie.com.

On Memorial Day Monday, May 27, Ojai naturalist Lanny Kaufer will lead a group 2 miles into Matilija Campground in the heart of the Matilija Wilderness, one of his favorite locations in the Los Padres National Forest. The chaparral plant community has made a striking comeback since the December 2017 fire, and bears witness to nature's resilience

The day will begin at 9:00 a.m. with a carpool to the trailhead from the Maricopa Plaza, 1207 Maricopa Highway. There is no obligation to participate in the carpool Participants who wish to participate in the carpool should be prepared to either take a few passengers or share in the gas cost.

\$25 for adults, \$20 for seniors 62 and older, and \$15 for full-time students 13-18. Kids 5-12 can go free, one per adult, by prior arrangement. Participants under the age of 18 must be accompanied by a parent or guardian. No dogs or smoking, please.

Information and registration at HerbWalks.com or by calling 805-646-

Please join the Ojai Photography Community on Tuesday, May 21, at 7 p.m. for an illustrated presentation by Paul Roark, fine art black and white photographer based in Solvang. His images of the Sierra Nevada, Yosemite and Glacier National Park have been compared to Ansel Adams' landscapes. An innovator in digital printing, Roark has designed and formulated carbon pigment ink sets that produce prints surpassing traditional silver gelatin

Help of Ojai's Kent Hall, 111 W. Santa Clara St. Parking is available next to Ojai City Hall or in the parking lot across the street.

Ventura BREEZE May 21, 2019



# News & Notes



Straight Up in CAPS Media Studio.

# Straight Up created and produced Public Service Announcements

Recently middle and high school students from the Ventura County's Straight Up program collaborated in the CAPS Media Center studio to create and produce Public Service Announcements. The Straight Up program engages and educates students and their parents about smoking, alcohol and drug abuse through media. The students learned their way around the cameras, lights and green screen and came away with informative and entertaining Public Service Announcements.

The Ventura County 4-H Youth Development Program is also taking advantage of the resources at the CAPS Media Center. Beginning with a podcast program on KPPQ (the CAPS Media Radio station at 104.1 FM) the students are learning to become producers and hosts of their own podcast to be aired on KPPQ. During the 3-session training program the group is acquiring the technical aspects of recording, engineering as well as performance behind the microphone and interview skills. They are putting together a well-produced podcast to go on the air and support the Ventura County 4-H program.

Continued on page 19



#### **WELCOME CAL-FRESH/EBT SHOPPERS!**

market match program now available to double your food dollars with local, fresh fruits and vegetables!

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City Parking Lot

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**8** May 8 - May 21, 2019 Ventura BREEZE

# May 8 - May 21, 2019

# Join us for a memorable summer full of arts and crafts, games, sports, water play, Jewish cultural and religious activities, Shabbat services on Fridays and teaching Hebrew blessings. Camp is for children ages 3-9 years old and Parent & Me class is offered for children ages 20 months- 30 months on Tuesdays and Thursdays. Camp Haverim will be offered for 6 weeks starting from June 17-July 26. Each week has a different theme including: • Week 1: June 17 - June 21 - Spanish • Week 2: June 24 - June 28 - Art • Week 3: July 1-3 - My Gym • Week 4: July 8-12 - Soccer • Week 5: July 15 - July 19 - Pulse Drumming • Week 6: July 22 - July 26 - Lego Creations w/Play-Well Workshops Temple Beth Torah Ventura, California

For more information about Camp Haverim and how you can receive a 10% discount, please stop by the preschool office to pick up a brochure or call 805-647-3798.



The Buena Drumline performs its championship-winning piece "The Web We Weave." Photo by

# Weapons of Mass Percussion

by Amy Brown

Summer Elliott joined Buena High School's Winter Drumline in 2017 as a freshman, and today he is one of its four Captains, playing the marimba, and serving as Front Ensemble Captain. "Even at the beginning of my first season, I knew that one day I wanted to be a captain, and this year that dream came true," says Elliott.

Other dreams were recently realized for the entire group, fresh back from their championship first place win in the San Bernardino Southern California Percussion Alliance (SCPA) Championship finals competition. The 34-member Drumline competed against 49 Southern California schools at what is the largest percussion competition in the western United States. And they had the chance to perform their exciting, award-winning piece "The Web We Weave" one last time on their home turf at the Buena High School gym on April 30th to a large and enthusiastic crowd.

The Drumline's Percussion Director Paul Curci, a Buena alum from 2003, shares that the last time the group won first place in the SCPA competition, he was a sophomore back in 2001. According to Curci, this year the Drumline has the fewest seniors of any year, so this season was expected to be a 'rebuilding' period, and the whole team, and especially the underclassmen, really stepped up. "This is an incredibly talented group of young people, with real drive," says Curci. "It says really good things about

Buena's future." Buena's Drumline has been competing in championships every year. "The SCPA is one of the most competitive areas for this in the world. That is not hyperbole—it's an actual statement. To advance to finals, which is the upper echelon of the groups, is an honor in and of itself," he says.

Creating a championship, precision Drumline takes a profound level of talent, combined with commitment and hard work. Their season begins in early January and continues through April. Each week there were eight hours of scheduled rehearsals, and in addition to these mandatory hours, members were expected to put in their own practice time, outside of rehearsal. "The students' work ethic is one of clearest factors that stands out, the entire team shows up to put in the work to see their vision, they know what that process is," says Curci. "They take advantage of every moment to see that vision through. They come with their game face on, so to speak." Curci shares that while it is a somewhat clichéd phrase, that it truly does 'take a village' for a group like this to succeed at this level. The Buena Music Association support, parents' participation in the grueling work and performance schedules, and the drive and commitment of the musicians themselves all blended together for the winning formula.

"While it may be a huge commitment and exhausting at times, the hours that we put in build musical skills, friendships, and memories that will last a lifetime," says Elliott.

#### **News & Notes**



Cabrillo Middle School students Ethan Jekogian, Nathan Stepan and Kiran Maserang participated in a community bike ride.

# Ventura sixth-grade students learn bike safety

by Maryssa Rillo

According to a press release by Ventura Unified School District, the sixth-grade bicycle education program is teaching approximately 900 sixth-grade students from Anacapa, Balboa and Cabrillo middle school about road safety on and off the bike.

The sixth-grade bicycle education program is grant-funded and is ran by the City of Ventura, VUSD, Channel Islands Bike Club, BikeVentura, REI and Cycle-CalCoast

As stated in the press release, the education program is about one to two weeks and is conducted during the students' Physical Education Course. The program is held from April through June and is instructed by The Local League of American Bicyclist Certified Instructors from Bike Ventura and the PE teachers.

Roberta Schlegel is one of the PE instructors at Cabrillo Middle School and assists with teaching the students about

"The kids are having a blast," said Schlegel. "They've had such a fun week." The Bicycle Education Grant was awarded in 2011, so this is the eighth year Ventura has been doing this.

"The city brought it in to do some bike education for the children focusing a lot on safety, teaching them the parts of the bike, showing them how to fix the bike if the chain were to fall off etc. Then, once they have their safety, they get a practice run on the blacktop where they set up cones and they're expected to use their hand signals since that is one of the things they learned," Schlegel said.

On Friday, May 3rd, students from Cabrillo Middle School went on their community bike ride. The ride was about a mile long and went from Cabrillo Middle School, down Thompson to Main Street and back.

Henry Hottinger is a sixth-grade student at Cabrillo Middle School who took the course and participated in the bike ride on May 3rd.

"It wasn't difficult but there was a little bit of a challenge to it," Hottinger said. "I just enjoyed being on the bike. It was really fun."

Discounted REI bikes and helmets

were purchased through grants from the Channel Islands Bike Club and the Ventura County Transportation Commission.

"300 members donated the \$16,000 it took to buy all the bikes from REI. Derek Towers put in the grant request and the BikeVentura partnered with us and together we just made all this happen," said Bill Faulkner who oversees grants for the Channel Islands Bike Club.

Jeff Hereford, City of Ventura Principal Transportation Engineer also helps with facilitating this program. He said this program is important so students can know how to properly ride their bike and feel safe on the roads.

"I think it's important because its planting a seed for the kids, future bicycle riders that maybe can't get in their car later on, and they can ride their bike instead," Hereford said. "It also gets them enthusiastic about bike riding."

Ashlyn Rifley and Noah Maass, two sixth-grade students from Cabrillo Middle School both said that signaling was the most important skill they learned. Another skill this program taught them was the ABC check. According to Rifley and Maass the ABC check means to check for air, breaks and other things such as baggy clothing to avoid any items getting caught in the chain.

"It is an important skill in life if you don't have a car and other uses and it's good for the environment," Maass said. According to Faulkner, this program is done in efforts to make the city Ventura more cycling friendly.

"Teaching the young people early on is part of strengthening that culture of cycling in Ventura," Faulkner said.

#### Solarize Ventura Program

Continued from page 3

that is produced by their solar systems during the day and then using that energy in the evening, avoiding the need to buy electricity from the grid at the most expensive time, from 4-9 p.m.

To learn more, visit SolarizeVentura. org or call (805) 963-0583 x101.

Ventura BREEZE May 8 - May 21, 2019

#### **News & Notes**

#### AN OPINION

by VREG Editors.

Mayor Matt LaVere filled his 2019 State-of-the-City address with images of a better Ventura. Unfortunately, it lacked specifics on addressing Ventura's most pressing issues, budgets, water, staff and retirement costs.

Ventura's Homeless Center

The first goal was opening a permanent, full-service homeless shelter by December 31, 2019. Opening the center doesn't begin to solve the problem. Mayor LaVere and the City Council equate opening a homeless center with improving Ventura's homeless situation. They are not the same thing.

Homelessness has risen the past three years to 555 persons from 300 in 2016.

The city is hoping the new homeless shelter will stem the tide, but there will only be 55 beds. Filling every bed will still leave 500 unsheltered homeless persons on the street.

A shelter is a start but it has been planned for years. The details on the next steps to keeping homeless off the street were not shared. We hoped for more.

Update The General Plan

The second goal was to reinitiate the General Plan update by conducting public outreach throughout 2019. New innovative ways will be tried to reach more citizens. Mayor LaVere does plan to include more young people but the details were missing. Economic Development

The third goal is to create a comprehensive economic development strategy. The strategy would include several key focus areas, including the Auto Center, the Johnson Drive corridor and Front Street.

Economic development begins with other people's money. It takes investors, willing to put up the capital, to improve the business environment. How the City of Ventura will encourage new investors was not shared.

Ventura has a reputation among developers as a difficult city to do business. Stifling regulations, fees and planning delays force investors to look elsewhere. It is hoped that the new economic development plan will review, streamline or remove building codes and regulations wherever possible in the city.

Ventura Beautiful

The fourth goal is to beautify the community. Mayor LaVere wants to end "blight."

Like the economic plan goal, this goal relies on "other people's money." Homeowners must invest in eliminating the so-called blight. There is no compelling reason for property owners to reinvest in some properties.

If the mayor is serious about decreasing blight, reduce the building permits and fees for rebuilding.

Coastal Area Strategic Plan

The fifth goal is also unmeasurable and unspecific. Mayor LaVere says we must develop a Coastal Area Strategic Plan.

The same faults of gaining input for the General Plan apply to the Coastal Area Strategic Plan. Find ways to reach all citizens.

**Building Community** 

The sixth goal is for the Ventura community to come together. Building community was a goal of both Mayor Nasarenko and Mayor Andrews. Three years and three administrations later, this goal remains.

Mayor LaVere has targeted Mission Park as the way to build community. The specifics on rebuilding Mission Park were missing. Budgets, timelines or measurable results would have been helpful. Moreover, this plan has one fault the others don't have, public safety.

Mission Park is home to some of Ventura's homeless population. To prepare the area, the homeless must move elsewhere. Also, after they move, someone would have to clean the park of discarded needles, drug paraphernalia and human waste.

Stopping The Bleeding

To fulfill any of our mayor's goals requires adequate staff. The final goal is to stabilize and strengthen our city government. The city has eight unfilled, critical managerial positions and sixty vacant jobs.

We hope City Manager Alex McIntyre will fill those management positions soon but, if he doesn't, how will the City Council help and support our City Manager? Editors' Comments

This year's speech painted a utopian vision. It was a feel good speech. How these goals will be achieved and by whom remains to be seen.





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The dinner events also involve Ag students from Ventura High School.

Sustainability Now News

# Celebrate local agriculture at the "2019 Farmto-Fork Dinner Series"

by Maryann Ridini Spencer (@MaryannRidiniSpencer)

Thursday, May 16th kicks off the 11th annual Totally Local VC's "2019 Farm-to-Fork Dinner Series." The celebrated, always sold-out dining event, takes place at unique Ventura County locations combine culinary creations featuring in-season produce from some of the area's top chefs, local wines and brew, and other fares.

"We've been a sell-out from the very first event," said Totally Local VC's Kat Merrick. "Additionally, no two events are ever alike. We choose different agriculturally related farms and locations throughout the county, and that adds to the uniqueness of each dinner," said Totally Local VC's Kat Merrick.

The dinner events, which feature local chefs, farmers, and purveyors also involve Ag students from Ventura High School. Assisting with the dinner series serves to give the students a hands-on opportunity into their desired career choice and what it's like working in the kitchen, as servers, and assisting with the event set-up.

For this year's dinner located at Wicked Wire Ranch, Chef Michelle Keeney of La Dolce Vita will be preparing delectable dishes made with seasonal, local fare to be paired with local wines from Strey Cellars and libations

including a signature cocktail from Mixologist Jared Krupp of 1901 Speakeasy. Rincon Brewery, Channel Islands Distillery, and Beacon Coffee provide additional libation.

As part of the Farm-to-Fork tradition, no menus are shared prior to the dinners. Pastry chef for the night is Anastasia Chavez of Ojai Beverage Company. Artist Frances Leon leads the music program, playing Latin Guitar. Ventura Rental Party Center supplies event furniture.

"We chose to host this event at Wicked Wire Ranch because it serves as a prime example of what beauty mother nature can bring from the ashes. My family lost our home and ranch in the Thomas Fire and watching the green grass and wildflowers take over the hillsides, and all the wildlife coming back gives hope that we will all be okay as we work toward recovery, said Merrick."

Proceeds from this event will benefit Totally Local VC's Love Project, also founded by Merrick, whose mission is to activate and organize members of the 805 community in the aftermath of a disaster to provide support and relief.

The Farm-to-Fork at Wicked Wire Ranch dinner commences on May 16th at 5:30 pm, costs \$145.00 per person. Tickets are available at totallylocalvc.

# Ventura College campus tour – a pirate's life for me

by Maryssa Rillo

Ventura College offers a higher education that is accessible to all and paves the way for students to succeed in the future through many ways of support. On Monday, April 29th, I took the Pirate's Life for Me Campus Tour and had the opportunity to learn what it was like to be a VC Pirate.

Anne Paul King, Executive Director of the Ventura College Foundation, began the tour by informing the attendees how the foundation helps its

According to King the foundation gives away 300 scholarships which is about \$600,000 to students a year.

"We help provide access to education through our promise programs which is a public private partnership that provides tuition between financial aid and philanthropic gifts to now 1,200 students a year," King said.

Continued on page 18

May 8 - May 21, 2019 Ventura BREEZE



# VC Fair announces 2019 Grandstand Entertainment Lineup

The VC Fair has announced the 2019 Grandstand Entertainment Series, Fair visitors can see their favorite musical acts and rodeos free with paid admission to the fair.

Adding a concert on opening night, July 31, the 2019 VC Fair will now present 11 free concerts.

This year's list of Fair entertainers will satisfy Ventura County music lovers with every unique performance:

- Wednesday, July 31 @7:30: Styx
- Thursday, August 1 @7:30: Martina McBride
- Friday, August 2 @7:30: Melissa Etheridge
- Saturday, August 3 @7:30: The Ohio Players with special guests The Emotions and Evelyn "Champagne"
- Sunday, August 4 @3:00: Dia de la Familia Concert

- Monday, August 5 @7:30: X Am-
- Tuesday, August 6 @1:00: Tommy James and the Shondells (matinee
- Tuesday, August 6 @7:30: Brothers Osborne
- · Wednesday, August 7 @7:30: Daughtry
- Thursday, August 8 @7:30: George Thorogood and the Destroyers "Good to be Bad Tour - 45 Years of Rock"
- Friday, August 9 @7:30 : Collective Soul
- Saturday, August 10 and Sunday, August 11 will bring the fair to an end with Western style Rodeos, free with paid fair admission.

The 144th Ventura County Fair, "A Country Air with Ocean Air", begins Wednesday, July 31 and runs through to Sunday August 11.

For more information please ca (805) 648 -3376 or visit www.venturacountyfair.org.

#### May is Motorcycle Saftey Month

Continued from page 1 their speed."

During the month of May, Ventura Police Officers will step up enforcement specifically geared toward

#### Kali is Your Code Name by James Francis Gray One afternoon, Gloira Sanchez is approached by Madame

Beverly Wiggins with the suggestion that Gloria, "Drop this dead-end job and hook up with me." After consideration and an envelope containing five one-hundred dollar bills, Gloria decides o join Madame Wiggins. Beverly changes Gloria's name to Kali. "Kali is Your Code name" follows Kali on her sordid adventures, which send her to the top of her new profession. a high priced call-girl.

> A great summer read! www.jamesfgray.com



#### **News & Notes**



The Villagers of PMC are already busy preparing for their Lilac Festival.

# Lilac Festival in Pine Mountain Club

by Mark Bailey President, PMCCPOA

One of the best kept secrets in California, remains the quaint "Aspen like" village of Pine Mountain Club (PMC). Located in the Los Padres National Forest at a little over one mile above sea level and nestled between Mt. Pinos and San Emigdio Mountain, PMC is remarkably easy to get to. Just a comfortable and scenic 90-minute drive from Ventura, about 50 minutes north of Magic Mountain. Those in the know often refer to PMC as "the nearby faraway place".

The Villagers of PMC are already busy preparing for their 37th annual Lilac Festival set for the weekend of May 18th and 19th. It has been estimated that around five thousand visitors join the approximately three thousand locals for a weekend of arts, music, food, fun and family play. About 100 artisan vendors will begin displaying their unique works of art, fashion, jewelry and other creations both days starting at 10am. This is followed at 11:00 a.m. on Saturday, by the signing of our National Anthem, which kicks off our yearly

parade through the village center.

Throughout the weekend there will be entertainment for all ages including helicopter rides, live music, pony rides, kiddie shows, a small petting zoo, golf, horseshoes, miniature train rides, great food, and a large children's play area with state of the art slides, inflatable bouncy houses and wall climbing etc. Most village restaurants will be featuring live music on their outdoor patios.

Climatology wise, as with any place, the weather in PMC can vary. Typically, in late spring, we can expect blue sunny skies during the day with temperatures in the mid 70's and crisp clear star filled nights with temperatures in the 40's.

To get to PMC, take the 126 East to Interstate 5 north and exit at Frazier Park. Go west 18 miles following the signs to the Pine Mountain Club Village. For further information, including vendor applications, please go to our website at www.pmclilacfestival.com. We hope to see many of you at our mountain paradise.

stopping drivers and motorcycle torcycle to clear the roadway before riders for traffic violations that increase the risk of crashes.

With nearly 900,000 registered motorcycles in the state, Californians enjoy a hobby that can be challenging, and does not have the same protections as drivers in the event of a crash. In 2017, 576 people were killed in motorcycle crashes statewide a nearly 17 percent increase from 2015.

The Ventura Police Department offers the best safety practices for drivers and motorcycle riders: Drivers:

Check your mirrors and blind

spots. Make sure your vehicle's rear and side-view mirrors are adjusted properly.

Use your signal when changing lanes. If you see a motorcycle with a signal on, make sure the motorcycle is turning before proceeding.

Slow down behind motorcycles and keep your distance.

Never share a lane with a motorcycle.

Be aware of motorcycles lane splitting, which is legal. Give riders enough room to pass.

Always look twice at intersections and allow enough space for a momaking a turn.

Motorcyclists:

Always wear a helmet, bright colors and protective gear.

Use your turn signal at every lane change or turn.

Turn lights on even during the

Keep your distance.

Consider the width of lanes, roadway and weather conditions when lane splitting.

Avoid lane splitting next to larger vehicles such as big rigs, buses and motorhomes.

It is more dangerous to split lanes at higher speeds. It is safer to split between the far-left lanes.

The Ventura Police Department encourages all motorcycle riders, new and experienced, to enroll in the California Highway Patrol's motorcycle training course. For more information, or to find a training site near you, visit www.californiamotorcyclist.com.

Funding for motorcycle safety enforcement is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

RCFE Pending# 197609506

# Senior iving Pull Out Section



"This is great, next we can read the Ventura Breeze."

# Help others to learn to improve their reading and writing skills

Ventura County Library Adult advantage of the free program. Literacy READ Program is now recruiting adult volunteer tutors who would like to help other adults improve their reading and writing skills. No teaching experience is required and the training is free. The next five-week tutor training series in Ventura will be starting soon.

The READ program trains adult volunteers to provide free one-to-one reading instruction for adults in need of basic literacy skills. Instruction in basic literacy includes the development of phonetic reading skills combined with communication skills. Ventura County Library is encouraging residents to take this opportunity to volunteer as a tutor or encourage someone you know to take

After completion of the five-week training, tutors will meet with their adult learners at the Hill Road Library in Ventura. Tutoring is scheduled by the availability of the tutors and the learners.

Illiteracy is an issue that can be debilitating in so many ways for adults who never received the proper instruction. Adults who are unable to read have a much more difficult time with many daily activities that others may take for granted, along with a clear disadvantage in today's competitive job market.

For more information about how you can support literacy and make a difference in someone's life, call (805) 677-7160.

**Answers to Questions About Medicaid** 

# Paying for Long-Term Care

by Marlo Sollitto

Contributing writer, Aging Care

Seventy percent of people over the age of 65 will need long-term care services. Many people believe that Medicaid will cover all the costs of long-term care. However, while Medicaid does cover some of the costs of long-term care, you must meet many eligibility requirements - and they vary greatly from state to state. To qualify for Medicaid, you must meet three categories of requirements: eligibility, functional and financial requirements.

This raises many questions among

caregivers and their elderly parents regarding the financial requirements necessary to quality for long-term care Medicaid coverage. Here are some of the most common questions and answers regarding Medicaid and long-term care, provided by the National Clearinghouse for Long-Term Care.

How much can I have in assets and still qualify for Medicaid?

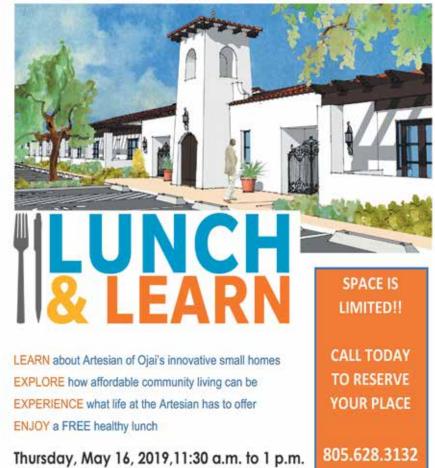
Asset levels vary from state to state. States have the option to raise the minimum amount. In most states, you can have only about \$2,000 in countable assets (check with the Medicare.gov website for the most up-to-date asset amounts). In most states, married couples can only have about \$3,000 in countable assets if they are still living in the same household.

Continued on page 12



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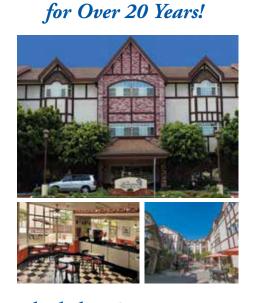
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#### Paying for long term care

Continued from page 11

If one spouse lives in a long-term care facility and the other spouse is still living at home, Federal law allows the spouse at home to keep more assets. In general, the spouse who lives at home is allowed to keep half of the married couples' combined assets, subject to both a minimum amount and a maximum amount.

How does Medicaid evaluate assets?

Medicaid evaluates all assets to determine whether you meet the state's financial criteria for eligibility. You will be required to provide documentation of all assets.

What if assets exceed the Medicaid-allowed limit?

If your assets exceed the amount allowed by Medicaid, the application will be denied. If denied, Medicaid informs you how much of your assets exceed the al-

lowances. If you feel the asset evaluation is incorrect, you have the right to appeal the state's determination. Or, you can choose to reduce assets to become eligible in the following ways:

Convert funds to non-countable assets such burial arrangements.

Pay existing debts such as insurance and taxes.

Spend the money on medical needs and day-to-day health care maintenance needs.

Under Federal law, a person applying for Medicaid cannot reduce or transfer assets to others (for example, children) for the purpose of qualifying for Medicaid coverage of long-term care services. Doing so may result in a significant penalty period. During that time, even if assets have been totally depleted, you will be unable to receive Medicaid payment for long-term care.

# Senior Living



"I hope this does reduce my out-of-pocket drug bills."

# Administration's drug rebate plan provides welcome relief to the chronically ill

by Kenneth E. Thorpe

The Trump administration has a new plan to reduce Americans' out-of-pocket drug bills. It's sure to face opposition from entrenched special interests. But if the administration succeeds in implementing the plan, patients will greatly benefit.

The proposed rule would reform how drug companies and insurers interact, especially in Medicare's Part D prescription benefit, which covers about 45 million seniors and Americans with disabilities. The government doesn't administer its own prescription plans. Instead, it allows private insurers to sell coverage to beneficiaries.

Those insurers decide which drugs to cover and use this power as negotiating leverage. Through the "pharmacy benefit managers" they hire to administer their benefits, insurers pressure pharmaceutical companies to offer big rebates on medicines.

These rebates aren't shared at the pharmacy with patients, though. So the bigger the rebate, the more money insurers and PBMs earn. Insurers typically use the savings they wrangle to lower premiums for their entire beneficiary pool; PBMs typically keep their share of the savings.

The administration's proposed rule, if enacted, would force insurers to use share any discounts at the point of sale, thus reducing patients' out-of-pocket costs.

The rule wouldn't just save patients money. It would also improve patients' health by making it easier to afford a wider range of drugs. Insurers would no longer

have an incentive to steer patients towards more expensive products with substantial, hidden discounts.

Consider how insurers currently block patients from accessing "biosimilars," which are knockoff copies of "biologic" medicines. Biologics are complex drugs grown from living cells.

Biosimilars aren't technically generics, since there are slight molecular differences between biosimilars and the biologics they mimic. They almost always work as well as they're brand-name counterparts, but are notably less expensive.

Insurers often refuse to cover biosimilars, since manufacturers offer few discounts. They instead cover the higher-priced, innovator biologics that come with big, hidden rebates.

For instance, nearly all Medicare prescription drug plans cover the brandname diabetes biologic Lantus, but only 17 percent cover its biosimilar, Basaglar.

Such behavior hurts patients. Many patients skip doses or decline to fill their prescriptions due to high out-of-pocket costs. It's estimated that so-called drug "non-adherence" causes 125,000 deaths each year.

Luckily, the administration's new proposal prohibits drug companies from offering rebates to Medicare Part D insurers, unless those insurers use the savings to reduce patients' out-of-pocket costs.

Thanks to this rule, insurers would no longer have a reason to steer patients towards expensive brand-name drugs when low-cost generics and biosimilars are available. The reform could save Medicare Part D beneficiaries as much as \$25 billion by 2029.

Under the status quo, insurers face perverse incentives to steer patients towards higher-cost drugs. The administration's proposed rule would fix this broken system, save patients money, and give them access to a wider range of lifesaving medicines.

Kenneth E. Thorpe is a professor of health policy at Emory University and chairman of the Partnership to Fight Chronic Disease. This piece originally ran in the Buffalo News.

# Facts about aging and alcohol

Anyone at any age can have a drinking problem. Uncle George always liked his liquor, so his family may not see





# Senior Living

that his drinking is getting worse as he gets older. Grandma Betty was a teetotaler all her life until she started having a drink each night to help her get to sleep after her husband died. Now, no one realizes that she needs a couple of drinks to get through each day.

These are common stories. The fact is that families, friends, and healthcare workers often overlook their concerns about older people drinking. Sometimes trouble with alcohol in older people is mistaken for other conditions related to aging, for example, a problem with balance. But, how the body handles alcohol can change with age. You may have the same drinking habits, but your body has changed.

Alcohol may act differently in older people than in younger people. Some older people can feel "high" without increasing the amount of alcohol they drink. This "high" can make them more likely to have accidents, including falls and fractures and car crashes. Also, older women are more sensitive than men to the effects of alcohol.

Drinking too much alcohol over a long time can:

Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage

Worsen some health conditions like osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss and mood disorders

Make some medical problems hard for doctors to find and treat-for example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.

Cause some older people to be forgetful and confused-these symptoms could be mistaken for signs of Alzheimer's disease.

Learn more about how alcohol affects older women.

#### **How Alcohol Affects Safety**

Drinking even a small amount of alcohol can lead to dangerous or even deadly situations. Drinking can impair a person's judgment, coordination, and reaction time. This increases the risk of falls, household accidents, and car crashes. Alcohol is a factor in 30 percent of suicides, 40 percent of crashes and burns, 50 percent of drownings and homicides, and 60 percent of falls. People who plan to drive, use machinery, or perform other activities that require attention, skill, or coordination should not drink.

In older adults, too much alcohol n lead to balance problems and falls, which can result in hip or arm fractures and other injuries. Older people have thinner bones than younger people, so their bones break more easily. Studies show that the rate of hip fractures in older adults increases with alcohol use.

Adults of all ages who drink and drive are at higher risk of traffic accidents and related problems than those who do not drink. Drinking slows reaction times and coordination and interferes with eye movement and information processing. People who drink even a moderate amount can have traffic accidents, possibly resulting in injury or death to themselves and others. Even without alcohol, the risk of crashes goes up starting at age 55. Also, older drivers tend to be more seriously hurt in crashes than younger drivers. Alcohol adds to these age-related risks.

In addition, alcohol misuse and abuse can strain relationships with family members, friends, and others. At the extreme, heavy drinking can contribute to domestic violence and child abuse or neglect. Alcohol use is often involved when people become violent, as well as when they are violently attacked. If you feel that alcohol is endangering you or someone else, call 911 or get other help right away.

For More Information About Alcohol Use and Safety: National Institute on Alcohol Abuse and Alcoholism National Institutes of Health 1-888-696-4222 niaaaweb-r@exchange.nih.gov www.niaaa.nih.gov



# Help fight Medicare fraud

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. There are con artists who may try to get your Medicare Number or personal information so they can steal your identity and commit Medicare fraud.

Guard your Medicare card like it's a credit card. Give your Medicare Number only to people you know should have it. Medicare, or someone representing Medicare, will never contact you for your Medicare Number or other personal information unless you've given them permission in advance. Learn more about the limited situations in which Medicare can call you.

#### **New Medicare cards**

To help protect against identity theft, Medicare has mailed new Medicare cards to people with Medicare. Your new card has a new Medicare Number that's unique to you, instead of your Social Security Number.

Learn more about your Medicare

Learn how to protect your Medicare Number and other personal information Spot and report Medicare billing

Protect yourself and Medicare against fraud by reviewing your Medicare claims for errors, looking for other types of fraud, and reporting anything suspicious to Medicare.

Learn how to spot fraud Learn how to report fraud

Learn more tips to help prevent Medicare fraud

Protect yourself, your loved ones, and Medicare from fraud

Find out what you need to know if you're in, or thinking about joining, a Medicare health or drug plan

Learn more about protecting yourself from fraud by contacting your local Senior Medicare Patrol (SMP). Find the SMP in your state.



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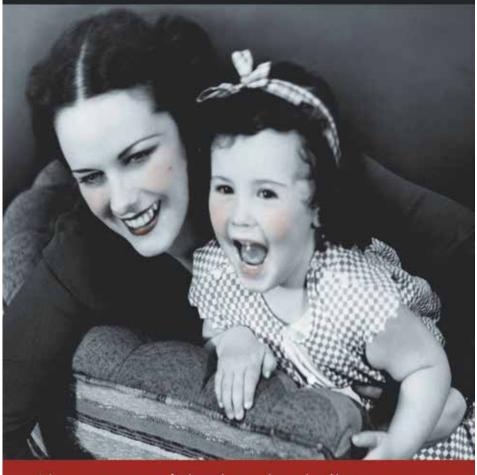


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# Senior Living



"I sure wish I could get some sleep."

# Do's and don'ts for getting some solid shut-eye

Getting some shut-eye can be one of the best parts of the day, but as you age, it can become more difficult to do so. Older adults can have a more difficult time getting to sleep, whether it is due to medications, stress, or other factors.

Anh Nguyen, PACC Resource for Ensign Services, says many elderly people suffer from insomnia and are sleepy during the day. "Excessive tiredness is not only frustrating, but it can lead to difficulty driving and performing other daily activities," she says. "It is important for people suffering from sleep problems to talk to their doctor about changes that can help them sleep better."

Although sleep troubles are common among the elderly, you don't have to chalk it up to getting older. Some lifestyle changes can make a big difference in getting a good night's sleep. Here are a few things you can do—or not do—to make your sleep more sound.

If you are having trouble sleeping at night, it is important to talk to your doctor before you head to the pharmacy and grab some over-the-counter sleep aids. A recent poll found that 46 percent of older adults have trouble falling asleep one night or more each week, but most of them did not talk to their doctor about the problem. Of those polled, 14 percent said they regularly take a medication or supplement to help them sleep. However, sleep aids are not meant to be used long-term and can cause problems for elderly individuals. Older people can experience confusion, constipation, and a higher risk of falls. Before reaching for a sleep aid, talk to your doctor about the best way to tackle your sleepless nights.

People who have trouble sleeping may

use alcohol to help them fall asleep. While alcohol can make a person fall asleep faster, it can also have some unintended consequences that lead to a lower quality of sleep. Alcohol can cause a person to wake up frequently at night and earlier in the morning, both of which may make a person tired during the day.

A major contributor to disrupted sleep and feeling tired during the day is sleep apnea, though many people may not know they have it. Sleep apnea causes a person to stop breathing for periods as they sleep. If people tell you that your snoring can be heard in other rooms or that you stop breathing at night, talk to your doctor about getting tested for sleep apnea.

One tip that is often recommended for better sleep is something called "sleep hygiene." Sleep hygiene includes all the activities you do during the day that affect how well you sleep at night. Good sleep hygiene practices include establishing a regular bedtime, staying away from caffeine within a few hours of bedtime, and starting a pre-bed ritual. It also helps to take a short afternoon nap and exercise regularly.

Make your bed and your bedroom a restful sanctuary. Keep it cool, dark, and quiet, and try using blackout curtains and earplugs to tune out the noise and light. Make your room a calm place, without bright and loud electronics. Keep a book by your bedside rather than a screen.

If going to sleep is difficult for you, you are not alone. Many older adults have a hard time falling asleep for a variety of reasons. Give these tips a try, and be sure to talk to your doctor about any underlying problems that could be contributing to your sleep issues.

# This 'n' That

#### **Amgen Tour returns**

Continued from page 1

There's so much to look forward to for the tour's 14th year - 19 men's teams, 13 women's teams, five returning champions, potential 2020 Tokyo-bound Olympians and even local sisters competing in the women's race.

"The tour was passing through Ventura in 2016 and we made this video featuring students from Cabrillo Middle School that had so much online engagement," says Marlyss Auster, president and CEO, Ventura Visitors & Convention Bureau.

"The organizers were impressed with Ventura, and that started the whole discussion," says Auster, describing the long process of being designated a host city.

This year promises to be bigger and better with ballet folklorico dancers,

mariachis, cowbells galore for spectators and still-to-be announced surprises to regale the crowds and cycling aficionados.

Says Auster, "We are eager to showcase Ventura pride while having the international spotlight."

While the local organizing committee is tending to planning, logistics and marketing, a pair of volunteer coordinators are busy recruiting and coordinating volunteers for the big day on Thursday, May 16.

Kate Faulkner, president of the Channel Islands Bicycle Club, is co-coordinator with Leslie Ogden. Together, the duo have their sights on recruiting approximately 300 volunteers to help local police with crowd control and the safety of both riders and spectators.

"It's very exciting finding all these groups who want to get involved in putting

together a world-class event," says Faulkner, a Ventura local and bike safety advocate.

Volunteers usually come from local schools, service groups, bike clubs and non-profit organizations. "With the women's race starting at 12:10 pm, we're hoping some students will be let out early to volunteer," says Faulkner.

Aside from the intense volunteer involvement, another source of pride for Venturans is the participation of sisters Alexis and Kendall Ryan.

"I used to see them riding their bikes around town when they were kids," says Faulkner. "They rode everywhere together."

Kendall, 26, who rides for TIBCO-Silicon Valley Bank, won Stage 1 of the women's race last year. Alexis, 24, rides for Canyon-SRAM.

If you want to catch a glimpse of the Ryan sisters, there is a free, special presentation

sponsored by the Channel Islands Bicycle Club at the Ventura County Museum, on Wednesday, May 8. Doors open at 6:00 pm but the program starts at 7:00 pm.

Otherwise, head to the Ventura County Fairgrounds before noon on Thursday, May 16 to catch the start of the women's race. Expect the men to get to the Fairgrounds sometime after 3:00 pm, from Pismo Beach where Stage 5 starts.

Both the men's and women's races will conclude in Pasadena on Saturday, May 18.

Kevin Clerici, chairperson of the local organizing committee states, "We want the world to see that we are a bike-friendly community. People will hopefully come and stay, and bike here in the future."

For more information and a complete schedule, visit /www.amgentourofcalifornia.com/host-cities/ventura.

**Ventura** *BREEZE*May 8 – May 21, 2019

## This 'n' That



The Ventura High Wind Honors Ensemble will be performing their last free public concert of the year on May 23.

# Ventura High School shines at Grand Nationals

The Ventura High School (VHS) Honors Wind Ensemble returned from the Dixie Classic Grand Nationals in Atlanta, GA as winners. The VSH group, made up of 52 students, was selected to perform in the prestigious grand finale of this two-day event that saw15 schools and 19 performing groups. Ventura High School is the only group from California to appear in the last 20 years. They performed at Grand Nationals four years ago and again this year.

The team had two weeks to prepare for the Grand Nationals. They performed March from Symphonic Metamorphosis by Paul Hindemith, Sunrise at Angel's' Gate by Philip Sparke, and Rocky Point Holiday by Ron Nelson. This festival splits up groups based on music ability before participating, and the event requires several years of superior ratings at national invitational festivals as prerequisites. Based on their performance at the national level, the Ventura High team placed into Division 6, the Professional/Collegiate Level and performed in front of hundreds of musicians in Atlanta's Symphony Hall. Ventura High earned Superior ratings, which translates into Gold, and they scored above a 96%. In addition to the group's success, Noah Laber received recognition as Outstanding Soloist.

"The clinicians and judges told me that no one else is doing what our students are doing, it is remarkable and uplifting to see this caliber of training and performance,' stated Ventura High School Music Director Paul Hunt.

In addition to performing, the students received a private clinic with a musician from Emory University and were able to watch the Atlanta Symphony perform.

"We are incredibly proud of our student musicians, our music Director Mr. Paul Hunt, and the entire music team for this extraordinary accomplishment. They consistently bring out the very best of their superior rated musicianship and character by working tirelessly with each other note-by-note, measure-by-measure, day in and day out. They are a total exemplar of our programs and community," stated Principal Carlos Cohen.

The Ventura High Wind Honors Ensemble will be performing their last free public concert of the year on Thursday, May 23 at the Ventura High School Auditorium at 7 pm. For more information on Ventura High School and their outstanding Music Program visit https://www.venturausd.org/ventura/home.aspx or contact Music Director Paul Hunt at paul.hunt@venturausd.org.



Women United Luncheon co-chairs Erin Simqu and Leanne Neilson at last year's Women United Luncheon. Photo by Society Social Calendar Magazine.

# Local heroes to be recognized

United Way of Ventura County's (UWVC) Women United will recognize some unsung local heroes during its 3rdAnnual Luncheon May 10, featuring acclaimed social psychologist and author Dr. Aida Hurtado.

Event co-chairs Leanne Neilson and Erin Simqu are busy putting the final touches on the 2019 luncheon, but they aren't the only women who have been working hard leading up to this special gathering of changemakers.

The 3rd Annual Women United

luncheon will recognize Ventura County single mothers who are pursuing their education and supporting their families in the process. Recipients of the Women United Educational Award are single mothers who are completing their associate degree and transferring to a four year university or technical program, and have children under the age of 18 living in the home. The financial award may be used to offset any costs associated with efforts to attain higher education, including tuition, books, childcare, and transportation.

Erin Simqu has been working with Women United since they founded the Ventura County chapter four years ago. This is her third year chairing the luncheon and she has served as an acting member on the board since shortly after the chapter's inception.

Dr. Neilson is chair of the board for the Thousand Oaks Alliance for the Arts, and chair of United Way's Women United in Ventura County. She was on the Board of the United Way of Ventura County for 6 years, serving one year as Board Chair.

Women United 3rd Annual Luncheon,11 a.m.-2 p.m. Friday, May 10 Continued on page 15







# The Pet Page



Dedicated to Scamp

The Canine Companions For Independence Valley to Sea Chapter encompasses puppy raisers and volunteers in Ventura and Santa Barbara Counties.

If you're looking for deeper engagement as a Canine Companions volunteer, we encourage you to get involved with them. The Valley to Sea Chapter is an extension of the Southwest Regional Training Center. They work to raise awareness, recruit new puppy raisers and volunteers and support one another's work on behalf of the Canine Companions' mission.

They are a lively network filled with opportunities for social engagement, from puppy classes to fundraisers. Beyond the satisfaction of doing good work for Canine Companions, lifelong friendships are often formed among chapter members. If you are interested in more information go to http://www.cci.org.

Founded in 1975 the assistance dogs they breed, raise and train aren't just the ears, hands and legs of their human partners. They're also goodwill ambassadors and often, their best friends. They open up new opportunities and new possibilities and spread incredible joy. They unite people with dogs in a powerful program that leads to greater independence and confidence.

SPAN Thrift Store is providing \$10 spays and neuters for low income cat and dog friends.

Two clinics in May are: Thursday, May 23rd at Sheills Park, in the parking lot, located at 649 C St., Fillmore, and another one in the SPAN Thrift Store parking lot in Ventura at 110 N. Olive St. (behind Vons on Main) on Thursday, May 30th. Please call to schedule an appointment (805) 584-3823.

- The National Police Dog Foundation (located in our backyard) is pleased to announce it will be co-hosting the 2nd Annual Police K-9 Memorial Service on May 11th to be held at the National Law Enforcement Officers Memorial in Washington, DC. The Foundation will be hosting a luncheon following the ceremony at the nearby DC FOP Lodge.
- The anti-vaccine movement has come for pets.

In fact, the spreading fear of side effects from pet vaccines led the British Veterinary Association to issue a statement that dogs cannot develop autism from them.

Doctor Raelynn Farnsworth with the WSU College of Veterinary Medicine echoes this for all pets.

"I do hear people that come into the office and say, 'Well, I don't believe in vaccines or I think vaccines cause problems," Dr. Farnsworth said. "We do hear the autism claim in humans and so what does it do to their pets. There are studies out there that we are seeing a decline in animal visits to the veterinarians. Mostly that's based on people's perception that their pet doesn't like the vet, so they don't take them. "

She said it's important to vaccinate your pets for their well-being, and the well-being of all pets.

"If enough animals are vaccinated it puts animals that are at risk for medical reasons or age reasons can't get vaccinated, they're less likely to get sick from the diseases if the general population is vaccinated," Dr. Farnsworth said. Not only that, but she said the risk of these diseases, and treatment for them, outweigh any potential side effects.

"Most of the diseases we vaccinate against we do so because they're pretty detrimental to the pet," Dr. Farnsworth said. "Like with the parvovirus, they can die if left untreated and pets did die before the vaccine was available in large numbers."

#### So what vaccines does your pet need and how often should they get them?

Dr. Farnsworth said there are "core vaccines" recommended for all pets. But your vet will make recommendations based on your pet's health and lifestyle.

In general, dogs or cats should be vaccinated after they're 12 weeks old, which is good for one year. Some vets will do a rabies vaccine that's good for three years. This is given to your pet when once they're at least 15 months old.

The size of your pet doesn't affect the vaccine dose. It's just one dose per

The Marion County Sheriff's Office K-9 Unit is happy to have a member of their team back home after what they called a 'senseless shooting.'

K-9 Kilo was discharged from the North Carolina State Veterinary Hospital after he was shot a few days before. He was rushed to the North Carolina State Veterinary Hospital where he underwent surgery to his leg.

During the three-hour surgery lead surgeon Andrea Tomas, placed a permanent stainless-steel plate and pin in Kilo's femur and removed bullet pieces, according to the NC State Veterinary Hospital. Thomas said it appears the bullet hit the bone directly and shattered, leading to extensive soft tissue damage. Tomas said that Kilo did well after the surgery and was awake, alert and aware of his surroundings on Friday morning.

"Kilo has a long, difficult road ahead, but his spirits are good considering the trauma he has experienced," the Marion County Sheriff's Office K-9 Unit said.

He will head back to NC State in eight weeks for a check-up and if all is well, Kilo's handler can start slowly re-introducing him back to work, Tomas said.

The Marion County Sheriff's Office K-9 Unit said people as far away as Las Vegas has reached out to Kilo and have sent care packages for him.

# Scamp Club (Scampclub pets are not for adoption.)



"Hi, I'm Glenda and my job is to make sure no one steals the Ventura Breeze until they are delivered all over town. I might be cute but don't fool with me."

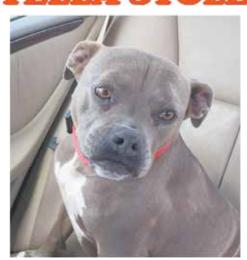
# Join Scamp Club

Animals of all sorts can join the ScampClub. Email me your picture and a little about yourself to Scampclub@venturabreeze.com.

You will be in the Breeze and become world famous.

Lost pet? Go to LostCatVenturaCounty.com or LostDogVenturaCounty.com - free websites for finding and posting when you've lost or found a cat or dog.

#### **ESTELLA STOLEN!**



## \$250 REWARD FOR HER SAFE RETURN

Estella is a medium size Pit mix, grey brindle with an adorable under bite. Spayed female, shots up-to-date and licensed. She is micro chipped. Last seen in Ventura on March 27th. May be with another homeless person. She is friendly with people.

The car which carried Estella off was driven by a man in a blue 4 door sedan with possible Colorado license plates. The back doors have no handles. Car is midnight blue Toyota Camry-type · may have Colorado license. Man is in his 50's, 5'4", 120 lbs, short dark gray salt & pepper hair, clean shaven.





Elizabeth and Alan Howell and Pam Williams of Canine Companions For Independence appearing on Our Ventura TV (www.ourventura.com) on CAPSTV hosted by Sandra Siepak.

# The Pet Page

# **Forever homes wanted**

Hi: I'm Angel a 7-year-old gentle and affectionate American Staffordshire Terrier X. I'm in need of a new home because my owner had to move and I am not able to go. I love playing and cuddling, enjoy walks, car rides, and chew toys. I like people and children, although I can jump up a little when I get excited. I'm house and crate trained, and I know basic commands. I know my breed gets a bad rap, but I hope you'll stop by and meet me and see for yourself what a sweet girl I am.

Canine Adoption and Rescue League C.A.R.L.



Meet our Marvelous Milo...a medium-sized, good-natured boy who would love to be your very Personal Greeter to welcome you home every day after



work! Milo is friendly, affectionate, knows how to sit when asked and has good manners when offered treats. He is a handsome, wonderful guy who is very deserving of a loving home & family. Ventura County Animal Services - Simi location - 670 W. Los Angeles Ave.

Milo A681467



# This 'n' That

Dear Editor.

Re: op/ed Chicago mayor April 24

Exactly why is Chicago better because they elected a non-hetero, non-white, non-male? What happened to voting for the most qualified based on education, experience and integrity?

The mayor-elect's name is Lori Lightfoot. She appears to have the chops to run the city, but she's facing a monumental task.

I truly wish Ms. Lightfoot the best and hope she is successful in her first term, regardless of her affinity of the White Sox.

MLK: "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Fine words worth heeding. R. Mahr Ventura *Mahr*:

Point well taken, we should vote for candidates based upon their education, experience and integrity. Just like we did for President Trump. So, I checked hers.
Attorney

BA University of Michigan

JD University of Chicago (ranked 4th best law school in USA by US News)

After college, Lori worked as a legislative aide for two years in Washington, D.C. She received a full scholarship to the University of Chicago Law School and moved to Hyde Park.

Most recently serving as a senior equity partner in the Litigation and Conflict Resolution Group at Mayer Brown LLP, Chair of the Police Accountability Task Force President of the Chicago Police Board First Deputy of the Chicago Department of Procurement Services,

As Chief of Staff and General Counsel of the Chicago Office of Emergency Management and Communications (OEMC) Chief Administrator of the Office of Profes-

sional Standards. Assistant United States Attorney

Lori has served on the boards of numerous progressive and pro-choice organizations like NARAL Illinois, Better Government Association, ACLU Illinois, and the Center for Conflict Resolution. More recently, Lori has been a board member of the Center on Wrongful Convictions, Lawyers Committee for Civil Rights Under Law Chicago, and Illinois Campaign for Political Reform, and is a member of the American Constitution Society's Board of Advisors.

Lori's Recognition

The Chicago Bar Association's Earl B. Dickerson Award (2018)

The Common Cause Illinois Champion of Justice Award (2018)

Named a "Woman of Influence" by the Chicago Business Journal (2017) The Chicago Inn of Court Donald Hubert Public Service Award (2017)

National Alliance on Mental Illness (NAMI) Chicago, Public Education of the Year Award (2017)

The Chicago Federal Bar Association Walter J. Cummings Award for pro bono service (2017)

BPI's Champion of the Public Interest Award (2017)

Crain's Chicago Business named Lori to its inaugural Most Influential Woman Lawyer in Chicago list in 2017

The Chicago Lawyers Committee for Civil Rights Under Law Award and Dominican University's Ethics and Leadership Award (2016)

The Financial Times Top 10 Innovative

Lawyers in 2016

The American Constitution Society Chicago chapter's Legal Legends Award (2016)

Wow, I think that she was indeed qualified to be mayor. Thanks for your suggestion.

#### Oscar Pena has retired

Continued from page 1

ment and leasing services at Ventura Harbor Village in 1992 and improved occupancy levels from an initial 60 percent to nearly 96 percent today.

After seven years of providing property management and leasing services to the District, the Ventura Port District hired Peña as the new General Manager of Ventura Harbor in July ,1999.

Past member and Board Chair of the Ventura Port District, Ed McCombs states, "Mr. Peña has led the Port District from bankruptcy to its current solid financial state, positioning the Ventura Harbor as a major asset of the City."

In 2001, Peña was instrumental in encouraging Island Packers, the primary concessionaire to the Channel Islands National Park, to relocate their business to a more prominent location, significantly enhancing the visibility and charters to the Channel Islands National Park.

"I've greatly enjoyed working with tenants in the harbor and a dedicated staff that has contributed to the District's success over the years. Needless to say, many volunteer board members have provided the leadership needed to make the Ventura Harbor what it is today," states Peña.

Peña has been extremely active in the community serving with both

the Ventura Chamber of Commerce and Ventura Conference & Visitor Bureau boards. Under a new short-term agreement, Peña's expertise will be utilized as the Business Operations Manager for the Port District, where he will oversee real estate transactions and special projects until a complete transition is made.

Upon retirement, Peña will focus on rebuilding his home which was destroyed in the Thomas Fire, remaining active in the community and spending time with family.

Brian Pendleton, currently the Deputy General Manager for the Ventura Port District, was appointed at the April 18th Board of Commissioners Meeting as the next General Manager for the Ventura Port District.



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VC math instructor Janine Bundy and VC student Anna Heaton receiving her scholarship.

# Recipients of 20th Annual Phoenix Scholarship Awards announced

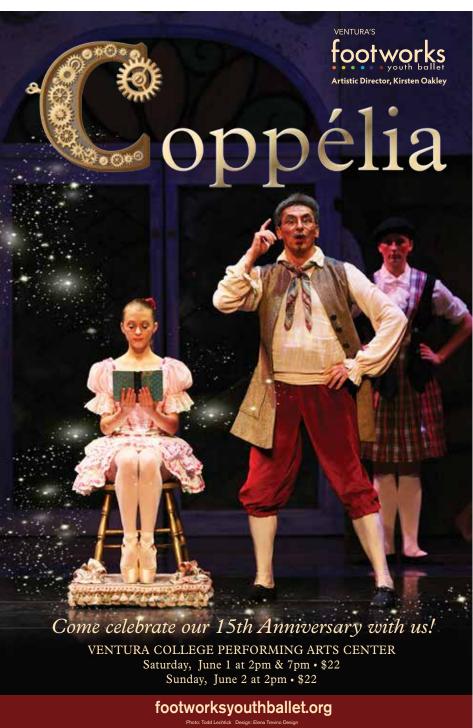
Celebrating its 20th anniversary, the Ventura College Foundation's Phoenix Scholarship program awarded scholarships to 29 students at a ceremony held Thursday, April 18 at the college's Wright Event Center.

Scholarships were given to re-entry students based on their applications, essays, and recommendations from counselors, faculty and employers. Over \$68,000 was handed out to students at the ceremony.

One of the recipients was Anna Heaton, 25. She began attending college

right out of high school but decided to leave to join the military. Heaton is now taking advanced math and science-based courses at Ventura College and plans to transfer to UC Davis next year. She has her sights on medical school. "I'm fascinated with neuroscience," says Heaton. "I would love to be a surgeon as well as do neuroscience research."

When Heaton first returned to school, she says she didn't realize scholarships were available. "Receiving the support from the foundation, the Veterans Resource Center and profes-



# This 'n' That

sors keeps me motivated. I know people believe in me," says Heaton. "Scholarships provide a tremendous sense of security. I'm grateful and honored."

The Phoenix Scholarship Program was established in 1999 by Ventura College Foundation board members to support Ventura College re-entry students. Phoenix Scholarships are designed to assist students who have minimal or no resources to pay for their education and have chosen to return to school after a break in education or to learn new skills. The recipients are selected based on each student's academic goals and progress, together with their financial need.

"Students re-entering college face many challenges including family and work commitments. It's sometimes difficult to stay focused," says Rob van Nieuwburg, Ventura College Foundation board chair. "Even with all they have going on with their lives, they shine academically."

This year's scholarship winners are Jennifer Anderson, Courtney Carlos, Eric Chagolla, Kelly Chow, Kevin Cross, Michael DiNardo, Thomas Galindo, Sandra Grotsky, Amber Hansen, Anna Heaton, Meagan Hill, Michelle Jacobs, Jessica Maciel, Angelica Magdaleno, Juan Montecinos, Christina Montrose, Melissa Obille, Jessica Orozco, Francisco Ramos, Crystal Richardson, Suzanne Rodriguez, Kristina Romero, Patrick Rose, Valerie Salazar, Paola Sanchez de Acosta, Mayra Smith, Clare Tobias, Jonathan Waters and Evelyn Wembakpete.

Established in 1983, the Ventura College Foundation provides financial support to the students and the programs of Ventura College to facilitate student success and grow the impact and legacy of Ventura College as a vital community asset. The Foundation also hosts the Ventura College Foundation Marketplace; an outdoor shopping experience held every weekend on the Ventura College campus east parking lot. For more information, contact Julie Harvey at (805) 289-6502 or jharvey@vcccd.edu or visit www.VCgiving.org.

#### Ventura College campus tour

Continued from page 9

After learning a little about how the foundation provides aid to students, the rest of the attendees and I were taken to the Student Services Center.

During our walk to the Student Services Center, Gerardo Pantoja, Director of Major and Planned Giving, explained how the foundation's Promise Program works.

"The promise provides that first-year tuition cost to first year students. You'll see at different schools' various types of programs, but ours is set up so that way If you're a first-time student at any point of your career or your life, coming here to Ventura College, you are eligible for that funding," Pantoja said.

According to Pantoja, 40% of VC students are the first in their family to attend community college and the Promise Program is designed to help those students.

"This program develops a comprehensive education plan because we know how important that is – having that road map for them to know where they have to go and what they are supposed to do," Pantoja said.

Students can learn about these different programs and speak with

someone about an education plan in the Student Services Center. Inside the Student Services Center is the student connect center, career center and the counselor's office.

According to Pantoja the Career Center provides various types of aid to students, from job fairs to workshops for resume building and interviewing skills.

After visiting the Student Services Center, we walked to the Library and Learning Resource Center. There, we were able to see the computer lab and learn about the resources provided by the library.

The computer lab has many computers for students to work on when they need.

"You know with the 70% of the folks that are served by the foundation that come from families that live under the poverty line, this is vital to close equity gaps. Because, just about every student has a phone but that may be the limit of their technology and that might be the limit of their Wi-Fi," King said. "This is very important to our students so that everybody has access to a computer."

The library at VC also has programs to make sure that higher education is as easily accessible to all. According to King, books are more expensive than tuition at VC, so this is important.

The library has a lending library and a reserve collection. According to Pantoja the lending library allows students to check out up to three books a semester for no charge. The reserve collection has every book a student may need available to check out for either two hours or over-night.

Overall, Ventura College has many resources and programs available to students in order to make sure they succeed.

Ventura College offers campus tours the last Monday of each month from 12 p.m. – 1 p.m. with the exception of December and May. To schedule a campus tour contact Jaimee Hanna at jhanna@vcccd.edu or at (805)-289-6161.

#### Local heroes to be recognized

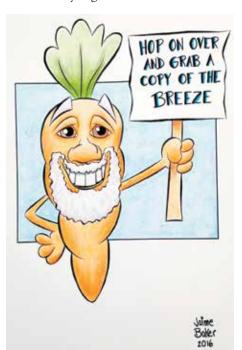
Continued from page 15 California Lutheran University, Gilbert Sports & Fitness Center

Luncheon Tickets: \$100 each. After May 1, 2019, price increases to \$125.

Luncheon Tickets are available online at https://vcunitedway.org.

For sponsorship opportunities contact Mitchel Sloan at Mitchel. Sloan@vcunitedway.org

For more information, visit https://vcunitedway.org.



Just bring

Nurse ID

# 恭無

# **Police Reports**

#### by Cindy Summers

Police reports are provided to us by the Ventura Police Department and are not the opinions of the Ventura Breeze. All suspects mentioned are assumed to be innocent until proven guilty in a court of law.

#### **Armed Robbery**

On April 29, at 10pm, the Ventura Police Department Command Center received a 911 call from an employee of Arco AM/PM, 605 S. Mills Rd., reporting that an armed robbery had just occurred. The suspect, Hispanic Male, 20's, wearing a Kings hat, grey sweater, black pants and a black bandanna over his face who was armed with a handgun, was last seen fleeing the business on foot in an unknown direction.

During the investigation officers learned that the suspect entered the business and approached the one employee behind the counter. The suspect brandished a gun at the employee and demanded money from the register. The employee gave the suspect an undisclosed amount of cash and he fled from the business.

Officers checked the area but were unable to locate the suspect. The employee, and one customer that was inside the business at the time, were not injured as a result of this crime.

#### **Armed Robbery Again**

On April 30, at 9pm, the Ventura Police Department Command Center received a 911 call from an employee of Arco AM/PM, 605 S. Mills Rd., reporting that an armed robbery had just occurred. The suspect, Hispanic Male, 20-30's, wearing a grey hoodie sweatshirt, black pants and a black bandanna over his face. who was armed with a handgun, was last seen fleeing the area eastbound on Main St. in a small, light colored compact sedan.

During the investigation officers learned that the suspect entered the business and approached the one employee behind the counter. The suspect brandished a gun at the employee and demanded money from the register. The employee gave the suspect an undisclosed amount of cash and he fled from the business.

Officers checked the area but were unable to locate the suspect. The employee was not injured as a result of this crime.

This is the second armed robbery at the same location in the last two days. At this time it is not known if both crimes are related.

Anyone with information or is a witness to this crime is asked to contact the Ventura Police Department at 339-4488.

If you have any information about this crime, you can make an anonymous call to Crime Stoppers at 1-800-222-TIPS. If your information leads to an arrest, you could receive a cash reward of up to \$1,000.

#### Traffic Pursuit

On May 5, at 2:13am, time a Ventura Police Corporal was driving on the 101 NB freeway to assist another officer across town. While travelling on the freeway in his marked black and white police car, a motorist passed him at 120 + MPH.

The police corporal caught up and conducted a traffic stop on the vehicle. As the corporal approached the vehicle on foot, the driver fled from the traffic stop at a high rate of speed.

The corporal followed and engaged in a high speed pursuit on the freeway.

Eventually the driver yielded on the left side of the freeway and a high risk stop was conducted. The driver, Simon Rose 33-year-old, Camarillo resident was taken into custody without incident and booked in Ventura County Jail for 2800.2 VC Evading and 23103 VC Reckless Driving.

In order to safely complete the high risk stop, northbound traffic on the freeway was stopped for a short period with the assistance of the California Highway Patrol.

# Harbor Patrol Blotter

Just a few of the things the Harbor Patrol tends to.

**4-17** 6:55pm, dispatched to a water rescue, kite surfer down North of the Ventura Pier. Officers responded and assisted VFD and State Parks with the call.

**4-18** 1:10pm, received a report of a female transient disturbing the public near the VHV. Officers responded and contacted the disturbing party. The individual was removed from the area for the violation and probation for trespassing.

**4-19** 11:59am, while on patrol, officers observed a "Red Eared Slider" turtle crossing Spinnaker Drive. The animal was captured and later released near the city's settling ponds on Angler / Spinnaker dr.

**4-21** 7:10pm, dispatched to a water rescue, person in the water/capsized kayak. Officers responded in Rescue boat 19. The patient was assisted back onto her kayak and fled the scene. After a short investigation/search, the individual was found near VIM restrooms. The patient was intoxicated, unable or unwilling to produce valid ID and eventually arrested by VPD for public intoxication.

**4-22** 5:33pm, while on patrol, dispatched to a traffic accident on Spinnaker Drive. Officers responded and assisted VPD/VFD/Edison with the incident. The driver collided head-on with a light pole at a high rate of speed. Extensive property and vehicle damage occurred. Fortunately, no injuries were reported.

**4-24** 8:31am, dispatched to a water rescue, swimmer in distress at the Ventura Pier. Officers responded in Rescue Boat 19 to assist VFD and AMR. An individual jumped off the pier, realized they couldn't swim and clung onto a piling near the end of the pier far from the beach. Harbor Patrol and VFD rescue swimmers

**4-25** 10:50pm, dispatched to a water rescue, swimmer in distress in the South Basin of the Harbor. Officers responded with VPD, the individual was trespassing. The young male was pulled from the water and later released to his parents.

4-26 11:03pm, received dispatch to a medical at the intersection of Harbor/Spinnaker. Officers responded and assisted VPD/AMR with a 51 year old female transient who sustained traumatic injuries while pan handling. 11:33pm, while on patrol in the vehicle, officers were notified that a jeep was stuck in the breeched Santa Clara Rivermouth. Several attempts were made to pull the new vehicle out, but were unsuccessful. Eventually the next day, Tow Boat US was able to pull the Jeep



CALIFORNIA'S CROWN JEWEL IN RETIREMENT LIVING

## Complimentary Nurses Spa Day!

Come enjoy a martini, relax and rejuvenate!!

Refreshments will be served and RSVP not necessary but advised to assure attendance.

May 8th, 2019
Drop in from 5:00pm-8:00pm

20-MINUTE CHAIR OR TABLE MASSAGE PARAFFIN FOR HANDS & FEET • AROMA THERAPY MINI FACIAL • HEATED NECK WRAP• SWAG BAG

Free Giveaways Every Hour

Big Flat Screen TV • Echo • Gift Spa Basket • Gift Wine Basket

Happy Nurses Week!
Private VIP Event for Nurses Only

805.642.3263 | www.venturatownehouse.com

4900 Telegraph Road, Ventura, CA 93003

CA LIC# 56580181

out with a bull dozer, a complete loss.

**4-27** 1:55pm, received a report of a suspicious vehicle parked near 1575 Spinnaker Drive. Officers responded and with the assistance of VPD determined the vehicle was stolen from Anaheim. VPD had the vehicle towed.

**4-28** 9:22am, officers monitoring State Parks lifeguard candidates training at the South Beach groin. They are swimming and conducting ins/outs at the beach.

6:20pm, received reports of a large fishing vessel shooting red parachute flares near Arco island. After an investigation, US coast guard confirmed that the flares were just a test with USCG permission, the vessel was not in any distress.

4-29 8:00am, Ventura Harbor Patrol and Marine Safety officers along with Ventura City, Ventura County, Carpenteria fire departments conducting annual USLA rescue swimmer 40hr class at the Ventura Port District and South Beach. 8:29pm, received a report of an intoxicated male stumbling and tripping on the promenade near 1800 Spinnaker Dr. Officers investigated and discovered an individual with a moderate head injury from a fall. With assistance from VFD, he was treated at the scene and transported to local hospital by AMR.

**4-30** 8:00am, Ventura Harbor patrol and Marine Safety Officers participating in USLA rescue swimmer training at Oxnard shores with several agencies.

#### Straight Up created PSAs

Continued from page 7

Students in the CAPS Media/El Camino High School media internship program are completing another year of award winning journalism. The primary focus of the ECTV program is immigration. The ECTV crew has conducted personal interviews and recorded life histories with émigrés from Mexico, Uruguay, Germany, Belgium, Canada and Franco Spain. All of

the stories air on CAPS Channel 6 and are archived on the CAPS Media website under www.capsmedia.org/videos/

CAPS Media is collaborating with Community Council organizations throughout Ventura to record and air the neighborhood meetings. CAPS covered the East Ventura Community Council meeting on April 18th which included presentations by Ventura City Council Members Erik Nasarenko and Jim Friedman. The event airs on CAPS Channel 6 and will be posted on the community council website. CAPS will return to the Eastside on May 16th for the next meeting and will also cover the Westside Community Council meeting on Wednesday, June 5th. If other community council groups want CAPS Media to record their meeting they should contact CAPS at info@capsmedia.org or call 805-658-0500.

Are you interested in documenting your family history? Come to the free Family Treasures workshop on Thursday, May 30, 4pm to learn how to create a personalized and professional Family Treasures video – using family member stories, interviews, photos and memorabilia. The workshop will be held at the CAPS Media Center, 65 Day Road in Ventura. Workshop space is limited; reserve your spot today by emailing us at info@ capsmedia.org or calling 805.658.0500.

The CAPS Mission is to create an engaged and informed community through participation in electronic media. All of the resources and training at the CAPS Media Center are available to the entire Ventura community. To find out more go to capsmedia.org/events, sign up for the next orientation class on the first Thursday of the month and discover that for a low annual membership fee of \$25 you can receive hands-on instruction in videography, video editing, radio production (additional fee required) and more. Then you will have access to CAPS Media's stateof-the-art facilities including video cameras, editing systems, the fully equipped television and radio studios. Don't miss out. All of the information is online at capsmedia.org, or you can call 805-658-0500 to get complete information.

#### Weekly SUDOKU — Answer 9 8 2 6 1 6 2 9 8 4 3 3 8 7 2 5 9 8 5 3 2 9 6 2 7 6 4 3 8 4 5 2 8 6 1 2 5 6 8 9 3 7

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#### 

Your Hometown Paper www.venturabreeze.com Ventura BREEZE

3 | 4 | 9 | 2 | 1 | 7

7

6 | 3

# Ventura-Music-Scene=



#### by Pam Baumgardner

VenturaRocks.com

It's still three months away, but I cannot wait for the Ventura County Fair this year! I'm loving their music line up which is always included in the price of admission. The fair runs July 31 through August 11 with music most nights on the Grandstand stage starting with Styx on the July 31, then it's Martina McBride on Thursday, August 1, with Melissa Etheridge on Friday, August 2. Saturday, August 3 has a triple bill with The Ohio Players, The Emotions and Evelyn "Champagne" King. Sunday is Dia de la Familia concert with X Ambassadors on Monday August 5. Tuesday has two shows, the earlier one features Tommy James and the Shondells and that evening it's Brothers Osborne. Wednesday, August 7, it's Daughtry, and then on his "Good to be Bad Tour" - 45 years of Rock, it's none other than George Thorogood and the Destroyers. I'd say I'm saving my favorite for last, but it is actually the last concert of the fair, and they are one of my all-time favorite bands, it's Collective Soul on Friday, August 9. The final two days the Grand Stand arena always hosts the P.R.C.A. pro rodeo.

There will be plenty of music at Surf 'n' Suds beer festival this year on Saturday, May 18, at Ventura State Beach (entrance at San Pedro Street off Pierpont Blvd). While tasting all the suds and ciders from over 65 breweries, you take in music from Soul Majestic, Flogging Seagulls and DJ Hecktik. For more information and tickets, go to www.SurfBeerFest.com/Ventura.

Quick Notes: Gindick has a new CD, you can get your own copy when he plays Grapes and Hops on Thursday, May 9; There will be a punk show at Concrete Jungle Brewing Friday, May 10; the Spring Swing Big Band Dance with Ventura Jazz Orchestra featuring Donna Greene will be held at Knights of Columbus downtown on Friday, May 10; Mother Sting Ray (formerly Strange Weather) play Oak and Main on Sunday, May 12; Ventura Music Festival presents NICO on Friday, May 10, at the Ventura College Performing Arts Center; Pizza Man Dan on Victoria hosts a Celtic Music Slow Session on the second Tuesday of the month; The Exploited play the Ventura Theater on Friday, May 17; Fluid State is celebrating their anniversary with Ventucky String Band on Saturday, May 18; Maid of Ace out of the UK play Red Cove on Saturday, May 18; The Knit Pickers play Made West on Saturday, May 18; Slim Jim Phantom's at Discovery on Sunday, May 19; and there will be a fundraising event for Casa at Olivas Adobe on Sunday, May 9, featuring Elvis impersonator, Raymond Mitchell.

And finally, I'm sorry to report the passing of Patrick Buley last month. He was a well-respected musician and will be missed by our community.

Do you have any music-related news or upcoming shows you want help publicizing? Please send all information short or long to Pam@VenturaRocks.com. For updated music listings daily, go to www. VenturaRocks.com.

## Music Calendar

For more events go to VenturaRocks.com

#### Black Angus 4718 Telephone Road

Music 5:30 – 8:30 pm

Thursdays: Mark David Undercover

#### Blue Agave

185 E. Santa Clara

Fridays: Mariachi Band; DJ Saturdays: DJ

#### The Blue Room

Ventura Harbor Village

(Next to Comedy Club) Thursdays: Gypsy Blues Band

#### **Boatyard Pub**

Ventura Harbor Village

Monday-Thursday 6 pm, Friday & Saturday 7 pm

Mondays: Milo Sledge
Tuesdays: Jason Ho/Frank Baraias

Tuesdays: Jason Ho/Frank Barajas Thursdays: Bluegrass Jam

#### Bombay Bar & Grill

143 S. California Street

Thursdays, Friday & Saturdays: DJs

#### Café Fiore

#### 66 S. California Street

Wed 4/24: Big Adventure Fri 4/26: Jason Bourne

Sat 4/27: Rick Whitfield

Fri 5/10: Instone

Sat 5/11: Jason Bourne

Tues 5/14: Donna Greene Wed 5/15: Donna Butler

Fri 5/17: Front Loaders

Sat 5/18: Self-Righteous Brothers

Sun 5/19: Jangala Roots

# Tues 5/21: The Sixth **The Cave**

#### 4435 McGrath Street

5:30 - 8:30 pm

Weds & Saturdays: Varon Thomas

Thurs & Fridays: Warren Takahashi

#### Concrete Jungle

#### 4561 Market Street

Fri 5/10: Pizza Punx, Out of Trust, Idecline, The Dirty Limbs

#### Copa Cubana

#### Ventura Harbor Village

Music 7 pm; Sundays 4 pm

Mondays: Smokey & Friends

Tuesdays: The Jerry McWorter Trio

Wednesdays: Al Macias Open Mic

Fri 5/10: Native Vibe

Sat 5/11: Ruben Estrada & The Martinez Brothers

Sun 5/12: House Arrest

Fri 5/17: House Arrest

Sat 5/18: Ruben Estrada & The Martinez Brothers Sun 5/19: Brandon Ragan Project

#### Dargan's Irish Rub & Restaurant

**593 E. Main Street** Music at 4 pm

Sun 5/19: The Sunday Drivers

#### Discovery

#### 1888 Thompson Blvd

Thurs 5/9: Legalizer

Fri 10/10: Masters of Puppets

Sat 10/11: High Voltage

Thurs 5/16: Josh Heinrich, Dred Kennedy Fri 5/17: Leilani Wolfgramm, Aloha Radio

Sat 5/18: Missus Jones Sun 5/19: Slim Jim Phantom

#### Fluid State

#### 692 E. Main Street

Sat 5/18: Ventucky String Band

Four Brix Winery

#### 2290 Eastman Avenue

Music 5:30 – 7:30 pm Fri 5/10: Fish Fry

Fri 5/17: Midlife Crisis **Garage** 

#### 1091 Scandia Avenue

Mondays: Karaoke

Sat 5/11: Niner Niner, If it Kills You, Modern Wives Sat 5/18: The Guitar & Whiskey Club, The Black

#### Grapes and Hops

#### 454 E. Main Street

Wed & Thurs 6 pm; Fri & Sat 8 pm, Sun 4 pm

Thurs 5/9: Jon Gindick

Fri 5/10: The Salty Suites

Sat 5/11: Shawn Jones Trio

Fri 5/17: Bob Bishop

Fri 5/17: Bob Bishop Sat 5/18: Dive Bar Messiahs

Sun 5/19: 50 Sticks of Dynamite

#### **Keynote Lounge**

#### 10245 E. Telephone Road

Tues, Wed and Sun: Karaoke

Thursdays: Open mic night Fri 5/10: Action Down

Sat 5/11: DJ AVG

Fri 5/17: Sin Chonies

Sat 5/18: Old School

#### Knights of Columbus 36 Figueroa Street

Fri 5/10: Ventura Jazz Orchestra w/ Donna Greene

Leashless Brewing

585 E. Thompson Blvd.

Thurs 5/9: DJ Rockingchair

Fri 5/10: The Shorebreak

Sat 5/11: Fallen Saints

Tues 5/14: Acoustic open mic

Thurs 5/16: DJ Rockinghcair Fri 5/17: Boom Duo

#### Sat 5/18: Bad leaf **Limon y Sal**

**598 E. Main Street** Fridays: DJ

Saturdays: DJ

#### Sundays: Instone (1-4 pm) Made West Brewing

#### 1744 Donlon Street

Thurs 6 pm; Sat 4 pm; Sun 3 pm

Thurs 5/9: Amargoso

Sat 5/11: Jacob Cole

Sun 5/12: RJ Mischo and his Red Hot Blues Band

Thurs 5/16: RJ Bloke

Sat 5/18: The Knitpickers

#### Sun 5/19: Milo Sledge Trio Majestic Ventura Theater

Majestic Ventura Thea

#### **26 S. Chestnut Street** Fri 5/17: The Exploited

Margarita Villa

#### Ventura Harbor Village

Wed 5/8: Mark Masson

Fri 5/10: Operation 90s Sat 5/11: Kyle Smith

Fri 5/17: Alas Latinas

Sat 5/18: Crosscut 805

#### Sun 5/19: Mark Masson **Museum of Ventura county**

#### 100 E. Main Street

Sun 5/12: Camarata Pacifica (3 pm)

#### Namba

#### 47 S. Oak Street

Fri 5/10: Rachel Lynde Songwriter Showcase Sat 5/11: Fabio Zinir

Sun 5/11: Fabio Zillil Sun 5/12: Bevan Manson Tric

Sun 5/12: Bevan Manson Trio Sat 5/18: Jodi Farrell Performance Workshop; Arthur Dente

#### Oak and Main

**419 E. Main Street**Sundays: Sing Time Karoke
Tuesdays: Beers Brothers Open Mic

Wed 5/8: Alfred Morales Thurs 5/9: Mark Mason; Hubcap Stealers

Fri 5/10: CRV

Sat 5/11: Brittney; Brandon Ragan Project Sun 5/12: Nicole Violine; Heart & Soul;

Mother Sting Ray

Thurs 5/16: Beers Brothers Showcase Fri 5/17: Ridin' the Storm Out Sat 5/18: Alfred Morales; Elements

Sun 5/19: Medicine Hat **Olivas Adobe** 

#### 4200 Olivas Park Drive

Sun 5/19: Raymond Mitchell

#### Plan B Winery 3520 Arundell Circle

Sun 5/12: Sgt. Pepper

#### Red Cove

#### 1809 E. Main Street

Sat 5/18: Maid of Ace, Dee Skusting, The Rodents, Broken Cuffs, 3 Day Holocaust,

#### Malice Thoughts Sandbox Coffeehouse

#### 204 E. Thompson Blvd

**805-641-1025** Thurs 6 pm, Weekends noon Thursdays Open Mic

Sat 5/11: James T. Schulfer

Sun 5/12: Max

#### Sans Souci 21 S. Chestnut

Sundays: DJ Darko

Mondays: Karaoke

Tuesdays: DJ Nick Dean Wednesdays: Open mic Thursdays: DJ Spinobi

# Fri 5/17: Infirmities **The Shores Restaurant**

**1031 Harbor Blvd, Oxnard** Sundays 12:30 – 3:30 pm

Fri 5/10: Frank Barajas

Sat 5/11: Six Guns Son

Sun 5/12: Skinny Skoony & Friends

Fri 5/17: Seth Hansen Sat 5/18: Corsican Brothers

#### Sun 5/19: Two's Company **Star Lounge**

#### 343 E. Main Street Eri 5/10: Vanisa Tarry Band

Fri 5/10: Vanise Terry Band Sat 5/11: Reign Fri 5/17: Shawn Jones Trio

Sat 5/18: Brandon Ragan Project **Surf 'n' Suds** 

Ventura State Beach

11:30 am - 6 pm Sat 5/18: Soul Majestic, Flogging Seagulls, DJ

 $Hecktick, Hubcap\ Stealers$ 

The Tavern
211 E. Santa Clara Street

**(805) 643-3264** Sundays: DJ Steezy Steve

Tuesdays: Karaoke Thursdays: Get Right DJ

Topa Mountain Winery

821 W. Ojai Avenue, Ojai

Music 3-5 pm

Sun 5/12: Patricia Avis Sat 5/18: Danny McGaw

Sun 5/19: Shawn Jones

Topa Topa Brewing Co. 104 E. Thompson Blvd

#### Thurs 5/9: Matt Sayles Ventura College Performing Arts Center

**4700 Loma Vista Road**Fri 5/10: Ventura Music Festival's NICO

Ventura Harbor Village 1583 Spinnaker Drive

Music 1-4 pm Sat 5/11: Karen Eden

Sun 5/12: Castillo Trio Winchester's 632 E. Main Street

(805) 653-7446

Music at 7:00 pm; Sundays at 5 pm Fri 5/10: Simple

Sat 5/11: Mark Masson Sun 5/12: Acoustic Crossroads w/ Crooked

Eye Tommy Fri 5/17: Karyn 805

Sat 5/18: Two's Company Sun 5/19: Heckle & Jeckle Show

#### **1901 Speakeasy 740 South B Street, Oxnard** Fri 5/10: Brandon Ragan

#### Fri 5/18: Rat Pack Ricky Sat 5/19: Shawn Jones

The 805 Bar

Sat 5/11: Blue Motel Room

**Ventura Harbor** Saturdays & Sundays 11 am – 1 pm

Saturdays 4-7 pm Saturdays: Kenny Devoe

Sundays: Kenny Devoe





In May of 1999, the City Council established the Municipal Art Acquisition Program to document the history of visual art in Ventura through the annual purchase of important works of art created by area artists. The collection provides increased access to art of the highest quality and of distinctive merit through its display in the public areas of City Hall and other municipal buildings.

In the corridors of city hall is **Meredith Brooks Abbott**'s Oranges Against Shadows, 1999, oil on canvas. She studied and learned from several recognized American Impressionist painters – Douglass Parshall, Richard Meryman and Clarence Hinkle. Abbott's family-owned, fifty-acre ranch in Carpinteria is the landscape found in her plein air paintings.



**William Waggoner**, Lightning Strikes - Not Once But Twice, 2019, Oil on Canvas, 22 x 35 in.

Dab Art is pleased to present Excelsior! Appropriately titled after the late great Stan Lee. His personal catch phrase and a word used to indicate superior quality, Excelsior! is an illustration based group show featuring 18 marvelous artists. Until June 17.

Paintings, drawings, sculptures, photography and comic based works are presented together in an unusual but visually intoxicating display of social commentary.

Confronted with the visceral realities of history, human and cultural tragedies in a world of turmoil, these distinct group of creatives are transformed into a cast of artistic antiheroes

1793 East Main Street,805 626 8876 www.DabArt.me



A Conversation with **Peggy Pownall**. Sunday, May 19, 2019 3 to 4:30 p.m. Museum of Ventura County 100 E. Main Street, Ventura.

To learn more about Peggy, visit www. PegPownall.com

Los Angeles based artist, Peggy Pownall, is a mixed media painter and has been an Artist-in-Residence at Studio Channel Islands since 2008. She received her B.A. from Pepperdine University and has undertaken further studies at Studio Art Centers International in Florence, Italy, an experience that has had an ex-

traordinary impact on her work. Pownall's work combines a bright color palette with unconventional objects such as old maps, journals, sewing patterns, blueprints, photos, notes and books.

Free to FOTM members, \$15 for public; \$10 for seniors.

Special invitation to educators and students: The Artist Spotlight is open to students attending as a class assignment free of charge. FOTM is happy to assist with tracking attendance and sign-in sheets. Reservations required. To RSVP visit www.FocusOnTheMasters.com or call 805.653.2501.

AfterGlow Fundraising Event: The public is welcome to join the artist for a celebratory fundraising dinner at the Ventura home of Karen Hoffberg. Paid reservations are required prior to May 13. We expect this AfterGlow to sell out. Maps will be given to paid guests at the interview.

\$30 FOTM members, \$40 Non-members.



Starting May 14, Harbor Village Gallery will begin a new phase with art shows in the gallery with the Buenaventura Art association (BAA). A reception is on May 18, 5 to 7 pm with refreshments and live music. Each show runs for two months.

Four businesses are donating gift certificates to the show winners. They are Island Packers, Ultimate Escape Rooms, Comedy Club and The Greek.

This wonderful mural is located on the side of the Lu Ross Academy located at 470 E. Thompson.





Art Reception and nonprofit Canine Companions at Fox Fine Jewelry May 18, 6 – 8 pm **Melanie Roschko** and **Connie Tunick** will display their artwork in a show titled "Wordless Conversations" at Fox Fine Jewelry from May 16 to July 7, with an Art Reception on May 18 from 6 – 8 pm. Also present will be the nonprofit organization, Canine Companions for Independence.

Melanie Roschko has a diverse background, from having studied Landscape Architecture at UCLA to later becoming a PSIA certified ski pro and teaching skiing lessons in Aspen, Colorado for 20 years.

When Connie Tunick begins to paint, she embraces the freedom to experiment with new techniques and media, often surprising herself with where the creative process takes have

Founded in 1975, Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. To learn more read the Pet Page in this issue.

Fox Fine Jewelry, 560 East Main Street, Ventura, CA 93001 (805) 652-1800

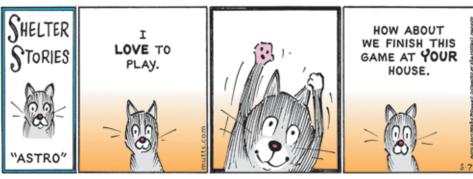
May 8 - May 21, 2019

# Lighter Breeze

#### Mother Goose and Grimm



#### Mutts



**Tiger** 







**Baby Blues** 



Crock



#### Hagar the Horrible



Solutions on page 19

#### (For a beginners guide to playing Sudoku go to venturabreeze.com)

4			5				2	
	1				9			3
		3		8		5		
		5	7					4
	6			4	1	3		
9					2		6	
2				6		9		
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	7		3				1	

#### Weekly **SUDOKU**

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

#### **DIFFICULTY THIS WEEK:** ◆◆

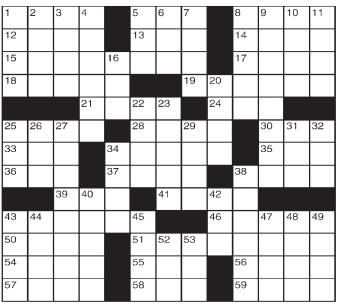
♦ Moderate ◆◆ Challenging ♦♦♦ HOO BOY! © 2019 King Features Synd., Inc.

Solutions on page 19

# **King** Crossword

#### **ACROSS**

- 1 Gaucho's
- weapon 5 Big Apple
- abbr. 8 Silenced
- "Hey!" 12 "Once - a
- Mattress" 13 Debtor's let-
- ters
- 14 Duel tool
- 15 Delphinium
- 17 Rotate
- 18 Dismal
- 19 Snow White's pals
- 21 Put on the line
- 24 Everything
- 25 Pop flavor 28 Frogs' hangout
- 30 Make up your mind 33 Kinsman, for
- short
- 34 Drops from the payroll 35 Letter after
- 31-Down 36 Moment
- 38 Read cursorily
- 39 Barbie's companion 41 Teensy bit
- 43 Go directly downhill
- 46 Pacific porch 50 Desirous look
- 51 Rash
- 3 Traditional tales
- 5 Pinch
- son
- 7 Cottage
- 29 Mr. Gingrich © 2019 King Features Synd., Inc.



cheese label

word

Me'

11 Sawbucks

- 54 Sandwich treat
- 55 Sphere 56 Reclined
- 57 Marries 58 Bill
- 59 Pronto, in the ER

#### **DOWN**

- 37 From the start 1 Socket insert 20 Bankrolls 2 October stone 22 Rotate "M\*A\*S\*H" locale
  - 4 Turkey's capi- 25 Letterman's network tal 26 Raw rock
  - 6 Second per-
    - 27 Big name in U.S. aircraft

- 31 Letter before 35-Across
- 8 Corolla com-32 Allen or ponent Conway Morgan of 34 Enthusiasts "Super Size
- 38 T-shirt sizes 40 Continental 10 Lowly laborer money
- 42 Timeworn 16 Half a Vail pair 43 Decelerate 44 Wrap in a
  - waxy cloth 45 Attempt
  - 47 Tidy 48 One side of the Urals
  - 49 "— It Romantic?"
  - 52 Historic period 53 Recede

ARIES (March 21 to April 19) This is a good week to look at healing bruised feelings and re-establishing weakened relationships. It's also a good week to start new projects and make new job-linked contacts.

TAURUS (April 20 to May 20) Music and art dominate the week, giving the sensual Bovine a lot to appreciate. On the practical side, deal firmly, but fairly, with those who might try to undermine your work efforts.

GEMINI (May 21 to June 20) Good feelings continue to flow from your recent efforts to reconnect with family and friends. But be ready to defuse a dispute before it can disrupt all that peace and harmony.

CANCER (June 21 to July 22) A practical view of a romanticized situation could help to clarify some of its more confusing aspects before you make a decision that could be tough to undo later on.

**LEO** (July 23 to August 22) Pay more attention to what a recent spate of workplace criticism might say about your performance and not what you think it implies about you personally. Some flexibility might be called for.

VIRGO (August 23 to September 22) With new information, and new promises of support (not to mention growing self-confidence), this could be a good time to restart a project you couldn't quite handle before.

LIBRA (September 23 to October

22) Before you decide to close down a problem-loaded project and make a fresh start with someone else, try once more to reach a compromise with your balky partner. He or she might surprise you.

**SCORPIO** (October 23 to November 21) While you continue earning points for your sharp negotiating skills, be alert for an attempt to undercut your efforts. You'll need to provide solid facts and figures to stay in the game.

**SAGITTARIUS** (November 22 to December 21) A minor health problem might cause you to ease up on your usually busy schedule. But you'll soon be back in the saddle and ready to pick up the reins and charge ahead.

CAPRICORN (December 22 to January 19) The adventurous Sea Goat might be eager to take on a new challenge. But before you do, you might want to take some time to check out previously overlooked

**AQUARIUS** (January 20 to February 18) A feeling of being overwhelmed by all that you have to do can be eased by setting priorities. Deal with the most urgent and time-sensitive situations first, and then work down

**PISCES** (February 19 to March 20) Creating a calm, peaceful place for yourself in the middle of a roiling emotional whirlpool this week starts when you, and no one else, decide how to make decisions about your life.

BORN THIS WEEK: Your determination to stick with your principles wins the admiration of everyone who knows you.

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# Showtime

A View from House Seats

# Crimes of the Heart sizzles

by Shirley Lorraine

Be prepared to laugh, to identify and to sympathize with the quirky characters in Beth Henley's Pulitzer Prize winning drama, Crimes of the Heart, now onstage at Oxnard's Elite Theatre. As their 2019 season themed "Family" continues, the production brings forward multiple areas of dysfunction while at the same time focuses on the importance and innate bonds of the family unit.

The scene is 1974, Hazlehurst, Mississippi. Three sisters with quite different viewpoints on life who are struggling through their own personal crises come together because granddaddy is in the hospital. Their troubled family history unites them at the core despite their differences.

Lenny (Genevieve Levin), a spinster of low self-esteem, is holding down the fort caring for granddaddy's house and affairs. She is the logical one of the three. She anxiously awaits the arrival of sister Meg (Dawn Michelle), who had left the fold to seek a future as a singer. Alas, things didn't quite work out for her. She copes by acting out, maintaining the hippie style of the 70's with panache.

Both lament the fact that little sister Becky "Babe" (Samantha Netzen Bingham) has just blithely admitted to shooting her husband in the stomach (poor aim) because she didn't like the sound of his voice. Now out on bail, Babe is handed legal representation by Barnette Lloyd (Patrick R. Rogers), a recent law school graduate clearly in over his head. He is smitten with Babe, which makes handling her case challenging.

Cousin Chick Boyle (Kimberly Prendergast) holds a consistently negative view of all the sisters but feels the need to be overtly involved for granddaddy's

Breeze rating from 1 to 4 palm trees,

4 being best.

classic originally released 1941. Directed

by Tim Burton, Music by Danny Elfman.

and Written by Ehren Kruger. Starring Danny DeVito as Max Medici, Colin Farrell as Holt Farrier and Michael Keaton as V.A. Vandevere with great performances from child actors Nicole N. Parker as Milly Farrier & Finley Hobbins as Joe Farrier.

Set in 1919, it's a reminder of a time

when the circus traveled on trains. The

Dumbo is the 2019 Walt Disney

**Movie Review** 

Dumbo

by Cindy Summers

sake. How the sisters each deal with Chick in their own way adds to the dimension of the character.

Doc Porter (Eric R. Umali, who also designed the set) reenters Meg's life even though he is now married. Although their romance ended on a poor note years before, both harbor unresolved attraction destined to get them in trouble. Many in the cast are new to the Elite Theatre stage, although the entire cast is certainly not new to many Ventura County theaters. Director Jolyn Johnson's choice of this highly seasoned cast makes Crimes of the Heart sizzle with Southern flair.

The various life situations, as outrageous as they are, bear many similarities for everyone to identify with. How the sisters cope (or not) results in tears of recognition and laughter despite the underlying serious elements.

It is not unusual to dissolve into laughter as a method of coping with difficult times in our lives. One scene in the second act, when granddaddy falls into a coma, is contagiously hilarious.

The play does involve the use of herbal cigarettes so patrons who may be sensitive to that are encouraged to sit further back in the 70-seat theater. A fan and open doors at intermission help dispel the fragrance quickly. As the situations portrayed are decidedly "adult", parental discretion is advised.

Crimes of the Heart continues through May 12 (bring mom on Mother's Day!) with performances Friday and Saturday at 8 p.m. and Sundays at 2:00 p.m. Tickets are \$20 general admission, \$17 for students, seniors and military, \$12 for under 12. www.elitetheatre.org or (805) 483-5118.

Max Medici (Danny DeVito) buys Jumbo the elephant in hopes that a cute baby elephant can draw big crowd, only quite by chance that when Dumbo sniffs exposure after flying in his first show.

This got the attention of a major investor, V.A. Vandevere (Michael Keaton) give jobs to his troop in a giant permanent much to see in this new release. steampunk carnival venue, certainly a

brilliant design that could only be created from the incredible imagination of Tim Burton. The music score also plays a big part in the emotion of the story, which is a testament to Burton's continued project partnership with Danny Elfman. Danny DeVito was perfect for his role

as the crazy character running the circus, as he was hard not to love regardless of his morally questionable actions or intentions. It felt as though Keaton overacted the villain part at times but enjoyed the contrast of little Milly wanting to make scientific contributions to the world like Marie Curie. I found myself on the edge of my seat as the recently fired carnival crew set out to rescue Big Jumbo and Little Dumbo, and think the remake brings much reality and believability to this timeless Disney classic.

Dumbo is a movie for people of all ages and for those that think you remember the story line believe there's

Rated PG - 112m

to have his dreams crushed by Dumbo's seemingly deformed large ears. You can't help but fall in love in an instant peering into Dumbo's sweet blue eyes and extremely realistic looking CGI. Milly and Joe discover up a feather, he can fly. Feeling this will help the Medici circus, Dumbo get national

Pictures version of the animated Disney who offers to make Max a partner and

While appearing at the Rubicon Noel Paul Stookey told his friend Tony Jankowski that he is now even more famous because he has been on the cover of the Ventura Breeze.





Friday, May 17th, 8pm **Rising Stars Concert** (free)

For many, this gathering of outstanding young choral, classical and jazz performers is their favorite concert of the year!

Join us.

First United Methodist Church 1338 E. Santa Clara Street, Ventura

VENTURA MUSIC FESTIVAL



Medici Circus traveled across the south and was plagued with loss from the influenza epidemic and declining crowds. Holt Farrier (Collin Farrell) returns from the war having lost an arm and discovering he also has lost his wife to influenza and

his prize performing horses were sold to keep the circus going. There's an obvious distance with his children Milly (Nicole N. Parker) and Joe (Finley Hobbins), who had to rely on each other having been left alone

at the circus by circumstance.







We're excited to announce the grand opening of the new Mathnasium in Ventura! Come see how the Mathnasium Method™ builds confidence, develops critical thinking, and boosts grades and scores.

Family Fun! Games, prizes, music and more on June 8th!

Join us for our grand opening summer kickoff! Ribbon cutting – Friday, June 7, 1–2:30 PM Open house – Saturday, June 8, 1–4 PM

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#### Mailbox

Continued from page 4 represents and has the support of about 40% of Americans?

There are so many qualified Democratic candidates. In my opinion, Joe Biden is the best person to defeat "Him" and make "Him" a one term president. And, once "He" is out of office, the Justice Departments (federal and state) can finally do their job and make "Him" accountable for obstruction of justice as president and tax/business irregularities.

Let's support Biden and whichever strong Vice President is selected. I believe the Dems can finally "drain the swamp", which has doubled under this administration. Judith A. Beay

#### Breeze:

Now the USA isn't the only country being led by a comedian. Ukrainians overwhelmingly voted to make a comedian their next president — ushering in a new era of politics in the struggling country. Volodymyr Zelensky, a famous comedian who portrayed Ukraine's head of state for years on a popular comedy show, defeated the incumbent president, Petro Poroshenko, who had been in power since 2014. Zelensky won a staggering 73 percent of the vote. Poroshenko conceded the race not long after polls closed. William Green, Ventura

#### Editor

As I ride my bike around the City of Ventura, it is a bone-jarring, near rim-busting experience. When I drive my car around the City of Ventura, it is a near axle-breaking and tire-popping experience. Trying to dodge all the potholes and ruts may someday get me pulled over by the Ventura Police Department who will surely think I am drunk due to all the weaving around, but after I explain my actions to the officer he or she will let me go because they have to drive on our crumbling and decaying streets, too.

The bottom line is that our streets are an

embarrassment. They look like they belong in a third-world country and not in an ocean side town. I am sure that their total disrepair has caused more than a few accidents and plenty of undercarriage damage. So at least the body and repair shops are benefiting from the city's neglect. As I go around, I also see no work being done on the streets outside of an occasional pot-hole filling crew which is like putting a band aid on gunshot wound.

When I fill up my car with overpriced gasoline made more expensive by crushing taxes, I wonder where all that tax money is going? Whose pockets is it lining? Have payoffs have been made? I have no answers.

All I know now is that it isn't going towards street repairs and everyone who lives here and pays their taxes need to be up in arms about this dereliction of duty by the city politicians and bureaucrats who dole out our tax money. Regards,

John Darling

#### Chuck Cecil has passed on

Continued from page 1

The Breeze interviewed Cecil at his home in Ventura a few years back. He described to the Breeze how his show "The Swinging Years" was now produced at his home utilizing a vast library of recorded jazz titles which at one time held more than 30,000 78, 45 and 33-RPM records. He also had amassed a library of over 356 interviews with band leaders, singers, and band members.

The show has continued in syndication until his passing. In recent years Cecil had discovered a new audience of jazz lovers via streaming media.

Here at the Breeze we will miss our dear friend and will always remember his contributions to the world of jazz. Our heartfelt condolences to his widow Edna Brown and family. Goodbye, Chuck, we know we will hear from you again.